

New Hip, The

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Source: <http://www.michaelbarraclough.com>
Formation: Longways duple **indecent** (double progression)
Music: 48-bar contra style jigs or reels (smooth)

Notes:

1. During A2 the couples reaching the top and bottom need to change sides. Suggest 2-hand turn and Hole-In-The Wall change.
2. Written to celebrate my new right hip in October 2023.
3. An English Country Dance with contra-style figures

A1 1-4 Circle left, into
5-8 Pousette $\frac{1}{2}$ (cw), into

A2 1-4 (*with next couple*) circle right, into
5-8 Pousette $\frac{1}{2}$ (ccw), into

B1 1-4 (*with next neighbour*) shuttles (*ladies/rights start in front*), into
5-8 Ladies/right chain (*across*), into

B2 1-8 Whole hey (*ladies start passing right*), into

C1 1-8 Partner gypsy **left** meltdown, into

C2 1-8 Give & (*men*) take