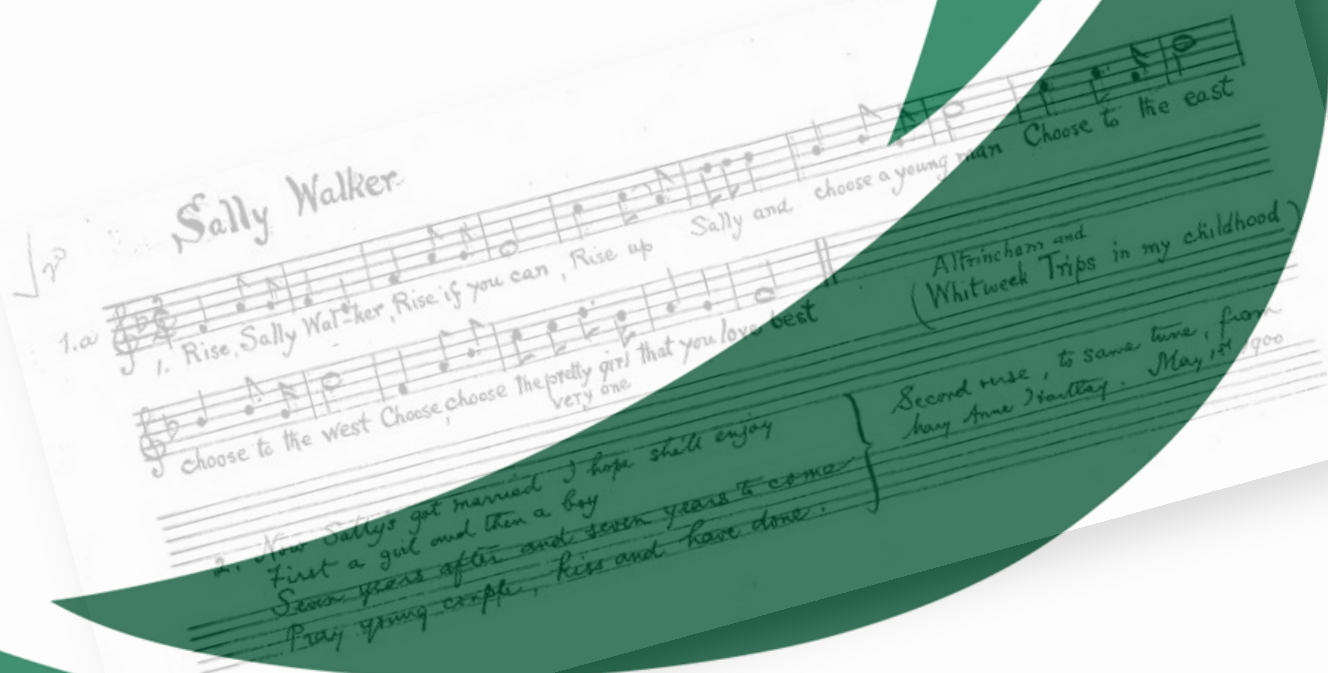




# Two Folk Songs for Warm Ups

***Selected by Caroline Price***



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## ***The Full English***

The Full English was a unique nationwide project unlocking hidden treasures of England's cultural heritage by making over 58,000 original source documents from 12 major folk collectors available to the world via a ground-breaking nationwide digital archive and learning project. The project was led by the English Folk Dance and Song Society (EFDSS), funded by the Heritage Lottery Fund and in partnership with other cultural partners across England.

The Full English digital archive ([www.vwml.org](http://www.vwml.org)) continues to provide access to thousands of records detailing traditional folk songs, music, dances, customs and traditions that were collected from across the country. Some of these are known widely, others have lain dormant in notebooks and files within archives for decades.

The Full English learning programme worked across the country in 19 different schools including primary, secondary and special educational needs settings. It also worked with a range of cultural partners across England, organising community, family and adult learning events.

**Supported by the National Lottery through the Heritage Lottery Fund, the National Folk Music Fund and The Folklore Society.**



Supported by

**The National Lottery<sup>®</sup>**  
through the Heritage Lottery Fund



Produced by the English Folk Dance and Song Society (EFDSS), June 2014  
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Edited by: Frances Watt

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## Introduction

This two pieces were collected by Anne G. Gilchrist in Altrincham c.1900.

Caroline Price used these as warm up songs as part of The Full English community event held at The Met, Bury in on 8 March 2014. Over 50 singers came together to learn material that originated from the North West, led by Caroline and the *Stream of Sound* youth chorus from Stourbridge.

Scores of the other songs Caroline arranged are available for free download at [www.efdss.org/resourcebank](http://www.efdss.org/resourcebank)

## Caroline Price and Stream of Sound

Caroline Price is a dynamic choir leader and prolific arranger of folk material! She researched and arranged a variety of songs and warm ups for The Full English community event in Bury.

*Stream of Sound* is a youth chorus, led by Caroline, who sing a-cappella harmony, and founded on a variety of musical traditions from around the world. They are known for their energetic and inspiring performances, and aim to share their love of harmony with as many people as possible.

Together, Caroline and Stream of Sound run a variety of workshops and events to encourage people to sing.



*Photo: Caroline teaching at The Met, Bury (taken by Frances Watt)*

# Sally Walker

This song is great first song after a more general warm up.  
Pitch it at the low end of your group's range to start with, and  
on every repeat, 'rise' up to the next note of the scale!

**Rise, Sally Walker, rise if you can.  
Rise up Sally and choose a young man.  
Choose to the East, choose to the West,  
Choose, choose the very one that you love best.**

## Sally Walker

Collected by Anne Geddes Gilchrist, Altrincham, c.1900

<http://www.vwml.org/record/AGG/1/2/13>

Roud Number: 4509  
Trad./Arr. Caroline Price



# Lubin

A self-explanatory action song, which may be familiar to many!

Here we dance lubin, lubin,  
Here we dance lubin light.  
Here we dance lubin, lubin  
Every Saturday night.

Put your right hand in,  
Put your right hand out.  
Shake it a little and shake it a little  
And then turn round about.

## Lubin

Collected by Anne Geddes Gilchrist, Altrincham, c.1900  
<http://www.vwml.org/record/AGG/1/2/13>

Roud Number: 5032  
Trad./Arr Caroline Price

Here we dance lu - bin, lu - bin, Here we dance lu - bin, light.

3 Here we dance lu - bin, lu - bin, e - ve - ry Sat - ur - day night.

5 Put your right hand in \_\_\_\_\_ Put your right hand out \_\_\_\_\_

9 Shake it a lit - tle and shake it a lit - tle and turn your - se - lf a - bout \_\_\_\_\_

- V1. Right hand
- V2. Left hand
- V3. Right foot
- V4. Left foot
- V5. Right ear
- V6. Left ear
- V7. Whole self



***Explore The Full English digital archive***

[www.vwml.org](http://www.vwml.org)

***Discover more learning resources***

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**At the English Folk Dance and Song Society, we champion the folk arts at the heart of England's rich and diverse cultural landscape.**

Our award-winning Resource Bank contains over 100 resources – incorporating hundreds of audio files, videos and supporting documents, all free to download. They offer endless practical ways to use folk song, music, dance, drama and more in all sorts of community settings, as well as in formal education.

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