Ceilidh Band Project

Five tunes and dances for first access instrumental programmes

By Sheena Masson of Camden Music Service, in association with the English Folk Dance and Song Society
English Folk Dance and Song Society

The English Folk Dance and Song Society (EFDSS) is the national folk arts development organisation for England, existing to champion English traditional folk music, song, dance and related arts as part of the rich and diverse cultural landscape of the UK. With roots going back over 100 years, it is based at Cecil Sharp House, its dedicated folk arts centre in Camden, North London, which is also home to EFDSS’ Vaughan Williams Memorial Library.

EFDSS’ Education department works to raise the profile and develop the practice of folk music, dance and other arts within education. It creates and delivers creative learning projects for children, young people and adults, in formal education and community settings, at Cecil Sharp House, across London, and around the country, often in partnership with other organisations.

wwwefdss.org

Camden Music Service

The Camden Music Service organises instrumental and vocal tuition in most Camden schools as well as running 35 borough ensembles and choirs and Saturday music centres. Camden Music also provides musical advice to parents, support to teachers and schools and works with a wide range of partners as the lead organisation of the Music Education Hub.

camdenmusic@camden.gov.uk | www.camdenmusic.org

Sheena Masson

Sheena has been playing and calling for dancing for many years. A regular on the festival and ceilidh circuit, she is equally passionate about making dancing accessible to new audiences. Sheena works as the Primary Music Co-ordinator for the Camden Music Service and is delighted that this project has allowed her to wear both her hats.

Produced by the English Folk Dance and Song Society (EFDSS), 2016
Written by: Sheena Masson / EJ Cufflink, of Camden Music Service
Front cover photograph © Camden Music Service; photographer Chris Balmer
Other photographs © English Folk Dance and Song Society; photographer Roswitha Chesher
Copyright © English Folk Dance and Song Society and Camden Music Service, 2016
Permission is granted to make copies of this material for non-commercial educational purposes. Permission must be sought from EFDSS for any other use of this material.
EFDSS is a Registered Charity in England and Wales No.3050999
Contents

About this resource page 4
The Blaydon Races page 5
Donkey Riding page 10
Jack’s Alive page 15
Mona’s Delight page 20
Winster Gallop page 25
About this resource

The arrangements and dances in this resource were taken from Camden Music Service’s Wider Opportunities (First Access Instrumental) Ceilidh Project which has run over the past few years in association with the English Folk Dance and Song Society. The project provides an opportunity for children to learn ceilidh tunes and the dances that go with them. During the project they are involved as musicians (playing to accompany other children dancing) and as dancers (dancing whilst other children are playing).

Music and dancing in many cultures are considered to be the same thing. Western music has largely lost this link, however ceilidh / country / folk dancing is one of the few ways where this remains and the Ceilidh Project encourages children to re-establish that link. It gives them a chance to play for a purpose, to play with a sense of ensemble and musicality, and to think about a style of music they perhaps haven’t encountered before.

During the school year, many Wider Opportunities classes are able to sign up for the project and are provided with sheet music, audio files, (mp3s) and dance notation to learn the tunes and dances. Nine of the classes then come together to take part in the culmination of the project - a sharing session at the end of the year at Cecil Sharp House, the home of the English Folk Dance and Song Society in Camden. Schools bring along their instruments (as varied as recorders, strings, brass, ukuleles and percussion) and join together for a joyous afternoon of playing and dancing.

The musical arrangements and dance instructions in the resource are of course equally suitable for beginner level musicians and dancers of any age. This is one of the most positive aspects of folk – it is adaptable and can be accessed and enjoyed by participants of all generations!

Please note: the dances in this pack are by Sheena Masson, incorporating traditional folk dance figures. They have been specially created to go well with the tunes and be easy to teach quickly to large groups of young children.
The Blaydon Races

32 bar jig

Dance (note: these dance instructions are not for dance The Blaydon Races; they are based on the Circassian Circle)

Formation: - circle, standing next to your partner, one person is A, and the other is B

<table>
<thead>
<tr>
<th>Musical section</th>
<th>Bar numbers</th>
<th>Dance instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>1 - 8</td>
<td>Hold hands in circle – take 4 steps in Hold hands in circle – take 4 steps out REPEAT</td>
</tr>
<tr>
<td>A2</td>
<td>9 - 16</td>
<td>All the As take 4 steps in – clap – 4 steps out All the Bs take 4 steps in – clap – 4 steps out</td>
</tr>
<tr>
<td>B1</td>
<td>17 - 24</td>
<td>Promenade (walk) with partner round the circle, anti-clockwise, 16 steps</td>
</tr>
<tr>
<td>B2</td>
<td>25 - 32</td>
<td>Swing Partner – get back in circle ready to start again</td>
</tr>
</tbody>
</table>

Photo: © EFDSS; photographer: Roswitha Chesher
The Blaydon Races

Trad arr E J Cufflink

melody in C

easy part in C

easy violin

treble Recorder

clarinet in C

melody in Bb

easy part in Bb

melody in Eb

easy part in Eb

baritone / trombone

bass clef trombone

acoustic guitar

ukelele

‘cello
Donkey Riding
32 bar march

Dance

Formation: lines facing away from the band, standing next to your partner – doesn’t really matter how many in a line

<table>
<thead>
<tr>
<th>Musical section</th>
<th>Bar numbers</th>
<th>Dance instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>1 – 8</td>
<td>8 steps away from the band; kick, balance x4</td>
</tr>
<tr>
<td>A2</td>
<td>9 – 16</td>
<td>8 steps back towards band; kick, balance x4</td>
</tr>
<tr>
<td>B1</td>
<td>17 – 24</td>
<td>Right hand turn; left hand turn</td>
</tr>
<tr>
<td>B2</td>
<td>25 – 32</td>
<td>Back to back (passing right shoulders first); back to back (passing left shoulders first)</td>
</tr>
</tbody>
</table>

Photo: © EFDSS; photographer: Roswitha Chesher
Donkey Riding

Trad arr E J Cufflink
Jack’s Alive
32 bar jig

Dance

Formation: longways sets of 3 or 4 couples

<table>
<thead>
<tr>
<th>Musical section</th>
<th>Bar numbers</th>
<th>Dance instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>1 – 8</td>
<td>Kick, balance x 4; lines 4 steps towards each other and 4 steps away</td>
</tr>
<tr>
<td>A2</td>
<td>9 – 16</td>
<td>Kick, balance x 4; lines 4 steps towards each other and 4 steps away</td>
</tr>
<tr>
<td>B1</td>
<td>17 – 24</td>
<td>Top couple gallop down the set 8 steps, and back up the set 8 steps</td>
</tr>
<tr>
<td>B2</td>
<td>25 - 32</td>
<td>Everyone gallops down 8 steps, the top couple makes an arch and everyone else comes through it back up to place</td>
</tr>
</tbody>
</table>

Photo: © EFDSS; photographer: Roswitha Chesher
Jack’s Alive
Trad arr E J Cufflink

[Sheet music for Jack’s Alive, including parts for melody in C, easy in C, easy violin, treble recorder, clarinet in C, melody in Bb, easy in Bb, melody in Eb, easy in Eb, ritone / trombone, bass clef trombone, acoustic guitar, ukulele, and cello.]
Mona’s Delight  
32 bar step hop (hornpipe)

Dance

Formation: with your partner and another couple in a little circle of 4

<table>
<thead>
<tr>
<th>Musical section</th>
<th>Bar numbers</th>
<th>Dance instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>1 – 8</td>
<td>Circle left 8 step hops; circle right 8 step hops</td>
</tr>
<tr>
<td>A2</td>
<td>9 – 16</td>
<td>Right hand star; left hand star</td>
</tr>
</tbody>
</table>
| B1              | 17 – 24     | Clapping pattern:  
  - To partner – knees – clap – clap to partner’s hand  
  - To opposite – knees – clap – clap to opposite’s hands  
  - To either side – knees – clap – clap to either side  
  - To self – knees – clap – ‘oi!’  
  Two-hand turn |
| B2              | 25 - 32     | Clapping as above then two-hand turn (with optional move on to find another couple) |

Photo: © EFDSS; photographer: Roswitha Chesher
Mona’s Delight

Trad arr E J Cufflink

[Sheet music notation]

Mona’s Delight

Trad arr E J Cufflink
Winster Gallop
32 bar march

Dance (note: these instructions are not for the traditional dance Winster Gallop)

Formation: with partner, standing side by side facing the band

<table>
<thead>
<tr>
<th>Musical section</th>
<th>Bar numbers</th>
<th>Dance instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>1 – 8</td>
<td>Forward 3 steps – kick; back 3 steps – stamp (repeat)</td>
</tr>
<tr>
<td>A2</td>
<td>9 – 16</td>
<td>Away from each other 3 steps – clap; back to each other 3 steps – bump (repeat)</td>
</tr>
</tbody>
</table>
| B1              | 17 – 24     | Facing each other – clapping pattern  
Clap hands / clap under right leg  
Clap hands / clap under left leg  
Clap hands in front, behind, in front, to partner  
Repeat |
| B2              | 25 – 32     | Right hand turn; left hand turn |

Photo: © EFDSS; photographer: Roswitha Chesher
Winster Gallop
Trad arr E J Cufflink
Discover more learning resources

www.efdss.org/resourcebank

More dances and detailed explanations and teaching tips on dance figures, along with further tunes, are available in our bestselling teaching resource:

English Traditional Dancing

Available to purchase from www.efdss.org