

High Cup Nick

A 32 bar reel for three couples in a four couple longwise set.

High Cup Nick is the centre point of a dramatic U shaped glacial valley on the Pennine Way.

Bars Description

- 1-4 1st couple cross over giving left hands and cast off as 2nd couple set up.
- 5-8 All set on the sides. Then the corners dance as in set and link for three but stay facing the way they are going: 2nd couple end facing down in 3rd place and 3rd couple end facing up at the top. Meanwhile 1st couple petronella turn to their right ending facing each other on the centre line, 1st man in 1st place, 1st woman in 3rd place.
- 9-12 1st couple each dance half a reel of three across, starting right shoulder to the person on their right. The corners end with loops so all face down and up to the other line of three.
- 13-16 All take hands to advance and retire up and down the set.
- 17-20 All repeat the set and link or petronella figure of bars 5-8. 1st couple end in 2nd place own side facing in. 3rd and 2nd couples end facing out in 1st and 3rd places respectively.
- 21-24 1st couple each dance half a reel of three on the sides starting right shoulder to the person on their right. The corners end with loops and all face in.
- 25-32 All take hands briefly, advance to the centre, pull left shoulder back and cast into a chase anticlockwise once round to own sides. The final order is 2,1,3.

Music

- Suggested tune: The New High Level (Robert Whinham).
- Suitable recording: The Hard Drive (Marian Anderson and SDB: The Sunday Class: Dance Book 1).

Notes

- The figure of bars 5-8 and 17-20 comes from A Leisurely Stroll by Kaoru Oyama.

High Cup valley

