

Postie's Jig

Dancers stand in sets of 4 couples. All instructions take 4 walking steps unless otherwise stated.

1st and 4th couples set to partner, 1st couple cast off into 2nd place while 2nd couple step up, 4th couple cast up into 3rd place while 3rd couple step down.

1st couple dance half a figure of 8 round 2nd couple while 4th couple dance half a figure of 8 round 3rd couple taking 8 walking steps.

1st and 4th A's make arches and cross over with partners, B's going under the arches.

1st and 4th couples turn nearest corner person to finish facing up or down in the centre.

1st and 4th couples change places up and down the centre, 1st couple making an arch and 4th couple dancing under the arch.

1st and 4th couples turn nearest corner person to finish facing across the dance.

1st and 4th A's make arches and cross over with partners, B's going under the arches.

1st and 4th couples turn nearest corner person to finish facing up or down in the centre.

1st and 4th couples change places up and down the centre, 1st couple making an arch and 4th couple dancing under the arch.

1st and 4th couples turn nearest corner person to finish facing across the dance.

1st and 4th couples dance rights and lefts half way taking 8 walking steps.

1st and 4th couples turn partners 1½ times with right hand taking 8 walking steps.

Please note that WALKING steps are assumed for quick time dances. If dancers wish to be more energetic and use skip change of step, then they would take half the number of steps.