ADDERBURY

A Cotswold tradition with both stick and hanky dances. Sources: via Earl of Stamford via Hammersmith MM, and Bacon's Handbook & Sharp's Morris Book.

The references say outside foot both halves, right foot in rounds, left in hey (except Shooting is left foot always & Sweet Jenny Jones is right foot) double steps (except Shooting-single), sticks vertical (except Shooting-horizontal under arm), held still. Long sticks. Clash with partner at the end of each half figure (but not half way in rounds or hey).
(NB. MMM do left foot first half, right foot second half of figures in Black Joke, Lillibullero, Postman's Knock, South Australia, Bluebells & Lucy of Lyne)

FIGURES:-
1 SING AROUND   AND FOOT UP   2 ½ GIP   3 PROCESS/TOPS DOWN
4 PROCESS/BOTTOMS UP 5 HANDS AROUND 6 HEY

LILLIBULLERO Stick dance for 6
First figure dance around instead of 1
Chorus: sword fight 1st corners (tips top, big arc tips bottom), 2nd corner, partner then clash partner tips forehand backhand, then foot up MMM start on right foot. During 1st and 2nd corners, remaining dancers do same clashing with adjacent person: nos 3 and 4 step back slightly each time so we have a nice neat pair of lines clashing at about 45°.

POSTMAN'S KNOCK Stick dance for 8
Once to yourself is singing in position *"Every morning as true as the clock somebody hears the postman's knock."* Repeat.
2 FIGURES FOR EVERY 1 CHORUS
ROUNDS & FOOT UP   ½ GIP & BACK TO BACK   LONG PROCESS DOWN (tops down)
LONG PROCESS UP (bottoms up)   HANDS AROUND & STAR
ADDERBURY HEY & "POSTMAN'S HEY"
Adderbury Hey is a parallel reel on the side for 4, middles start facing ends and pass right shoulder.
"Postman's Hey" is danced in 2 groups of 4. 1 starts and goes to 4's place
2 immediately goes to 3's place (both diagonally downwards). At the same time 3 & 4 dance up the side to 1 & 2's places respectively. Continue until all back to place, ie visit each house! 5678 do same.
Last chorus is done once normally, then again without the music but singing while sticking.
Chorus: doubles: odds hit evens' butts 3x, evens hit odds' butts 3x, repeat 4x, last time slower.
Normally sticking is done doubles first (ie 2 hands on stick) then singles (1 hand) and so on. Last time with singing is always done doubles.

SWEET JENNY JONES Stick dance for 6 to waltz time
Start right foot always. RLR, Toe Heel Heel, LRLRLR, LRL, THH, RLRL CLASH, ie count 3 steps then toe heel heel, 6 steps plus 3 steps, toe heel heel, 4 steps clash.
Chorus: doubles, singles etc. Start by odds tips hitting evens butts etc.10, clash, 9 clash. Then Foot Up.

SHEPHERDS' HEY Hand clapping dance for 6. Can do it with hankies tied on or without hankies.
Hankies moved to make shape like apple on stalk: down, around & up (so up coincides with hop).
Sing around is
"I can whistle, I can sing, I can do most anything,
I dance and I can play, I can dance the Shepherds Hey."

Chorus: First Time. Clap, touch right ankle, clap. Clap, touch left ankle, clap. Clap, clap under right leg, clap. Clap under left leg. Clap in front, behind, in front.
Second time Knee, third time hip.
Then from shoulder on add a wave:

fourth time shoulder, (ie clap, shoulder , wave etc)
fifth lips, sixth "doff hat" & jump.

BLACK JOKE
hankies:- down, around & up. "Apple on stalk" shape
CHORUS : screw down (ie sidesteps travelling away from music and circling leading arm at waist level 4 times, repeat facing up but doing it on the spot with other arm) & foot up (surge). Side step & ½ hey.
4 capers half way through each figure & at end of figures & chorus.

SOUTH AUSTRALIA
Source: via Eryri Morris from perhaps Adelaide Morris. Standard Adderbury figures
Walk round in tight circle sticks horizontal radiating out from centre at waist height (representing pushing on a capstan) singing: *In South Australia I was born, "Heave away, haul away. In South Australia round Cape Horn, we're bound for South Australia".* 4 capers in set formation facing up starting on word *"bound"* and straight into foot up.

Chorus: evens present stick horizontally, odds strike its middle, then evens strike odds. Then sticks vertical strike tips forehand, backhand, wave in air, forehand. Then sticks horizontal all in a line to represent pulling rope on each side of set and pull down the set with 2 small steps, shouting "*heave heave"* then 3 capers up (starting left) & 1 caper to face partner).

BLUEBELLS   Music: Bluebells of Scotland
Dance around singing *"Oh where tell me where has my highland laddie gone? He's gone to the wars with his frilly knickers on."* Standard version: sticking just with partner.
Doubles (ie 2 hands on stick) first time, singles second time and so on.
odds tips hit evens butts x2 evens tips hit odds butts x2 repeat.
odds tips hit evens butts evens tips hit odds butts repeat, clash, clash, repeat.
Other version all double sticking. 1st time with partner, 2nd middles face up, 3rd time middles face down.
Pattern repeats. The person facing down hits first and when with partner odds hit first as usual. Final extra sticking is double time double sticking with partner.

LUCY OF LYNE   (probably named after Lucy Broadwood from Lyne House: collector of folk song, pre-dating Cecil Sharp) Music Walter Bulwer's Polka no 2. Learned from Jolley Hatters of Hobart.

Standard Adderbury figures for 6 dancers. Rounds and foot up at start as no foot up in chorus.
Sticking (same as in Jenny Lind, Lichfield). 1big stick in left hand, 1 little stick in right hand.
Hit floor 2x with big stick
Hit partner 2x with big stick held low

Do the next bit 3x with sticks held higher
Hit own big with little stick 2x forehand
Hit partner's little stick with little stick 2x held high forehand

Hit floor 2x with big stick
Hit partner 2x with big stick held low
Hit own big with little stick 2x held high forehand
Hit partner's little stick with little stick 2x held high forehand
Hit top of big tip with little stick once,
the next bit is all hitting underside, hitting own big with little tip:
hit butt of long, tip of long, butt of long
Then hit partner's little tip with your little tip 3x fore back fore.

Should do double time at the end!