

Grimstock (The English Dancing Master 1651)

Most people are happy to accept that the instruction to lead up a double and back means to advance a double and then fall back a double, but other interpretations are possible and for a dance like Grimstock they can enhance its appearance for performance.

3 couple longways set.

A1	Holding customary hands Lead up a double turn (inwards towards your partner) take inside hands and lead back. Face your partner and set and turn single left. The original instruction is to lead up a double and back.
A2	Lead down a double turn and lead back. Face your partner and set and turn single right. The conventional interpretation would be just to do what you did in A1 again.
B1 & B2	Top couple turn in taking hands and lead down between the second couple, who at the same time walk up. The top couple separate and the 3 rd couple leads between them (holding hands). Continue in the manner of a hay, coming through the centre at the ends and separating in the middle until back to place.
A3 & A4	Sides all. Set and turn after each side.
B3 & B4	As B1 & 2, but this time the couples that separate make arches and the other couple goes under them.
A5 & A6	Arms all. Set and turn after each turn.
B5 & B6	First couple change places (lady inside) and then change places with the second couple (passing left shoulders), who lead up and turn around the left shoulder (anticlockwise). The top couple exchange places with the 3 rd couple (pass right shoulders). The Top couple pass left shoulders with each other returning to their correct sides. Meanwhile the 2 nd and 3 rd couples change also passing left shoulders. Continue in this fashion until you all get home. Essentially the 1 st man does a clockwise hay all the way round the set and the 1 st lady does an anticlockwise hay all the way round the set. The other 4 stay on their own side.