

Flowers of Edinburgh, or Knuckledown

Example of dance: https://www.youtube.com/watch?v=kPNTMnoU_qU&list=PLIzHjWz0EKukBSAw_qAlmMI2g_AULHjUG&index=8&t=0s

Sheet music from Bacon: https://media.discordapp.net/attachments/305202364082683905/708487295115853864/Bacon_057.jpg?width=890&height=627

Bampton style:

- Left foot lead
- Single steps
- Hankie shows on the upbeat, elbows level with shoulders, hands ~45° out from vertical. Two hands on single steps, one hand on sidesteps

Dance Sequence:

Foot Up

Kneelers (2x)

Sidesteps

Squat Capers

Kneelers (2x)

Sidesteps

Half Capers

Kneelers (4x)

Sidesteps

Foot Up:

Single step L-R-L-R

Backsteps - hands go forward, out, around and in, around and out into one half-caper (L-R-hop R)

Repeat Single steps + backsteps

Kneelers:

Right foot back first, then left foot back. First two choruses do 2 (L -R). Final chorus does 4 (L-R-L-R) at double speed

Wave capers, 4x (L-R-L-R). Hands make small circles front-to-back at the waist

Sidestep L+R

Half Caper (2x)

Sidesteps:

Sidestep L - 1 hand show

Sidestep R in place - 2 hand show

Repeat Sidestep L+R, turning 180° to start, bringing left hand across your body

Sidestep L+R - 1 hand shows

Half Caper (2x)

Squat Capers:

Sequence of 3 moves

1. Feet together, hands in

2. Squat, hands balance

3. Hop R+R, hands in, left foot goes back then kick forward (as in a single step)

Repeat 5x

On the 5th squat, leap from left to right, hop once

Foot up: Single step L-R-L-R, backsteps

Half Capers:

Leap from left to right, hands scoop from waist, around backwards, end with hands up in same position as single steps

Hop R+R, left foot goes back then kick forward, same as squat capers

Repeat 8x

On the 8th repeat, leap from left to right, hop once

Foot up: Single step L-R-L-R, backsteps