

Nail the Hey
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The Hey is simply a figure where the dancers weave between each other, changing places as they go. We start by passing right shoulders (or taking right hands) and then alternate sides.

When you get to the end of a Hey line, simply turn around and use the same shoulder (or hand) again to go back the other direction.

3-Person Hey

The first person faces down while 2 & 3 face up. 1 & 2 pass by right shoulders, then 1 & 3 pass by left shoulders, etc., through six passes until everyone is back where they started.



4-Person Hey

The same as a 3-Person Hey, except the starting position has 1&2 face each other and 3&4 face each other.



Mirror Hey

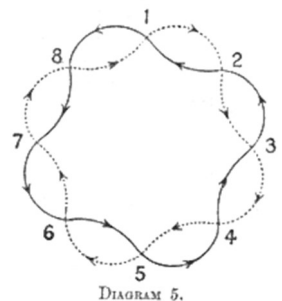
Two lines of Heys done at the same time by couples mirroring each other (coming together and moving apart). Like in the first chorus of Grimstock.

Arches

Like a Mirror Hey, but continually holding hands with your partner.

Circular Hey

Usually a double line. In an 8-person Circular Hey, the top couple starts facing each other, as does the bottom. The 2nd and 3rd Men face each other, as do the 2nd and 3rd Women. Everyone continues in the direction they are facing until they get back to their places.



Sheepshead Hey

Used in Picking of Sticks. The Women stand in place while the Men weave through them. As the last Man passes the middle Woman, she takes him and pulls him around her to become the first Man in the line. This happens three times to get the Men into their original order again. Then the Women do the same thing through the Men.

Note: Historically, Heys may have been done with or without hands. The jury is still out.