

# Jack's Health

(England)

Jack's Health is danced to the tune "Bolt the Door," and was published in 1686.

Cassette: Popular English Country Dances of the 17th and 18th Centuries Side B/5. 6/8 meter

Formation: Longways, duple, proper.

## Meas

## Pattern

INTRODUCTION. No action.

## DANCE

- A1 1-4 1st Cpl, giving R hands, cross over and go below the 2nd Cpl, 2nd Cpl moving up.  
 5-8 1st Cpl turn once around with two hands to end improper, and face up.
- A2 1-4 1st M with 2nd W, 1st W with 2nd M, dance back to back and face ptr.  
 5-8 Taking nearer hands with neighbor, fall back a double and set R and L.
- B 1-4 All forward a double and turn single outward (M L, W R).  
 5-12 Four changes of a hey for four, giving hands, beginning with R hand to ptr and taking 4 steps for each change.  
 13-16 All turn ptr with two hands, once for the 2nd Cpl and once and a half for the 1st cpl, to end proper and progressed.

Repeat with a new cpl.

Presented by Marianne Taylor