

BERT BOWDEN'S
LANCASHIRE HORNPIPE

Melanie Barber
(As learnt from Bert Bowden)

Step 1

Time (A)	Left	Right	Notes
a 1	Step Heel drop		
a 2		Step Heel drop	
a 3	Step Heel drop		
a 4		Tap Step	
& a 1	Step Heel drop		
a 2	Step Heel drop	Step back	Straighten right leg
a 3		Tap Step	
& a 4	Step Heel drop		
		Flat tap	Slightly in front

(A) - Repeat off R

& 1	Step Heel drop		
& 2		Tap Step) sideways to right)
& a 3	Step Heel drop		
& a 4	Step Heel drop	Tap Step) sideways to right)
& a 1		Tap Step Heel drop	
& 2	Tap Step) sideways to left)
& a 3		Step Heel drop	
& a 4	Tap Step) sideways to left)
		Step Heel drop	

Finish = (A) off L, putting weight on 'flat'

Step 2

Time	Left	Right	Notes
a	Catch		
1	Step		
a		Step	XL
2		Heel drop	XL
&	Step		RXR
a	Heel drop		RXR
3		Step	
a	Step		XR
4	Heel drop		XR
&		Step	RXL
a		Heel drop	RXL
1	Step		
&		Step	
a		Heel drop	
2	Heel step		
&		Step	
a		Heel drop	
3	Step		
&		Step	
a		Heel drop	
4	Flat tap		Slightly in front
	Repeat 3 times, brush left		
Finish			
1	Step		
&a		Shuffle	
2	Hop		
&a		Shuffle	
3	Hop		
&		Step	
a	Step		
4&		Shuffle	Straight
a	Hop		Slightly back
1		Step	
2		Heel drop	Drag left foot forward
3	Whip		
4			

Step 3

Time	Left	Right	Notes
1	Step		
&		Click RT to LH	to RXL
2			RXL
&	Step		
3		Click RT to LH	back to place
&	Hop		
4			
&		Click LT to RH	to RXR
1	Step		RXR
&			
2		Click LT to RH	back to place
&			
3	Flat Step		
a			
4		Tap	
&		Step	
a	Step		
1	Heel drop		
&		Step	
2		Click LT to RH	to RXR
&	Step		RXR
3			
&		Click LT to RH	back to place
4	Step		
&			
1		Click RT to LH	to RXL
&	Step		RXL
2			
&		Click RT to LH	back to place
3	Hop		
(4)			
1		Flat Step	
&	Step		
2		Click RT to LH	to RXL
&			RXL
3	Step		
&		Click RT to LH	back to place
4&	Hop		
1			
&		Shuffle	
2		Step	
&	Step		
3		Click LT to RH	to RXR
&			RXR
4			
		Step	
		Click LT to RH	back to place
	Flat tap		
		Hop	

Finish

1	Step		
&a		Shuffle	
2		Step	
&a	Shuffle		
3	Step		
a		Tap	
4		Step	
&	Step		
a	Heel drop		
1		Step back	
a	Step		
2	Heel drop		
a		Tap	
3		Step	
&	Step		
a	Heel drop		
4		Flat Step	Slightly in front

Step 4

Time	Left	Right	Notes
(A)			
a	Catch		
1	Step		
&		Step	
a		Heel drop	
2	Heel step		
&		Step	
a		Heel drop	
3	Tap		Out to left
(B)			
4		Click heels	
&	Drop		R leg to side
1		Step	to right slightly
&	Step		
2		Heel step	to right slightly
&	Step		
3		Tap	to right slightly
(4)			

Repeat - catch R

Repeat (B), without pauses - drop L, drop R, with Flat tap left on (4)

Time	Left	Right	Notes
Finish			
1	Tap		out to left
&		Click heels	
2	Drop		
&		Tap	out to right
3		Click heels	
&		Drop	
4	Tap		out to left
&		Click heels	
1	Drop		
&		Tap	
2		Step	
&	Step		
a	Heel drop		
3		Flat step	
(4)			

Step 5

Time	Left	Right	Notes
& 1	Catch Step		
& a		Step Heel drop) travelling to left
2	Heel step)
& a		Step Heel drop)
3	Step)
& a		Step Heel drop)
4	Heel Step)
& a		Step Heel drop)

Repeat 3 times

1	Step	
2		Step
& a	Step Heel drop	
3		Heel brush out
(4)		

Repeat, catch R and travelling right back to place
NB. Can also travel in a circle, to left & back to right

Step 6

Time	Left	Right	Notes
1	Drop		
&a		Shuffle	
2	Hop		
&a		Shuffle	
3	Hop		right foot out
4	Hop	Heel touch XL	
1		Drop	
&a	Shuffle		
2		Hop	
&a	Shuffle		
3		Hop	left foot out
4	Heel touch XR	Hop	
1	Drop		right foot out
2	Hop	Heel touch XL	
3		Drop	left foot out
4	Heel touch XL	Hop	
1	Drop		right foot out
2	Hop		R to XL
3	Hop		R out to side
4	Hop		R to RXL
1	Hop		R out to side
2		Flat	XL) similar to
3	Flat		RXR) irish 'rock'
4		Flat	XL)
1		Hop	L out to side
2	Flat		XR) similar to
3		Flat	RXL) irish 'rock'
4	Flat		XR)
1		Jump onto heels	
a	Spring		
2		Tap	XL
3		Step	
&		Heel drop	drag L forward
4	Whip		