

## Criss Cross Jump

*Not an original one of mine, but I recreated it from a photo I saw on google, which you can view [here](#) (opens external website). I've not seen it written anywhere else so this is how I teach it. The name was chosen by the class of primary school children that I tried it out on first!*

**Formation:** Stand in a circle, with an even number of ribbons and an even number of colours. In this description the ribbons are arranged in a repeating pattern of Red Yellow Blue Green moving *anticlockwise* round the maypole. And I prefer to start with all the ribbons from the lower ring on my maypole (Yellows and Greens).

**Difficulty:** It's similar to Leominster Lattice, but this time half the dancers move at a time, so there are only two groups and it's a lot easier to keep track of things. You'll still need a fairly attentive class though, and to make sure everyone moves to the correct position before you call the next move.

**Step 1.** All the Yellows and Greens dance to the Left round the outside of the circle for a short distance\*. The exact distance is flexible depending on how many ribbons you have and how diagonal you want the cross to look but I suggest that they go over the heads of *four people* (e.g. the Yellows go over Red 1 Blue 1 Red 2 Blue 2). It's helpful to count this out loud, slowly, and let the dancers 'jump' their ribbon over each person in turn.

**Step 2.** All the Reds and Blues dance to the Right around the outside of the circle, over the heads of *four people*.

**Step 3.** Repeat Steps 1 and 2 several times until you can see lots of criss crosses!

**To unwind:** repeat everything exactly in reverse. i.e. start with the Reds and Blues but send them to Left this time.

\*I think the optimum distance to travel is between a sixth to a third of the way round the circle (i.e. in a circle of 24 ribbons with 6 of each colour, the Yellow ribbon moves either 1 or 2 Yellow spaces round the circle). If you let the dancers move too far, the criss cross pattern gets messy.

**Note:** I've tried a version of this dance where each colour dances all the way around the circle, and the result is a messy pattern, although it improves slightly after a few goes. It's good for very little children though as it makes it a much easier dance (and they probably won't expect much from the pattern). You can also try it just 1 colour at a time, like in the Leominster Lattice. It's all suddenly a much easier dance as it's easier for you to see what's going on, and young children will find it easier to understand what to do – i.e. 'just dance round the circle once until you're back where you started'.