

DANCE

A LONG SET. A 32 bar reel

🎵 Preparation

You come onto the floor. Find a partner. Find another couple. Make two lines: Reds on one side and Yellows on the other side, facing your partner.

- This is the top of the room (the teacher points to a sign or an object)
This is the bottom of the room (the teacher points to a sign or an object).
- Couple 1, the *top couple*.
Couple 2
Couple 3
Couple 4, the *bottom couple*.

Take hands in fours: couple 1 with couple 2, couple 3 with couple 4.

🎵 Basic dance instructions

A1: Let's practise the first figure. You know it already. It's a **Right-hand turn** and then a **Left-hand turn**.

- Let's do it.

Musical phrase A1 (16 beats): " Hold right hands. Turn all the way round (or turn right, 2, 3, 4 and back away). Drop hands."
" Hold left hands. Turn all the way round (or turn left, 2, 3, 4 home again). Drop hands."

- Let's do it again.

Musical phrase A1 (16 beats): "Right, 2, 3, 4, 5, 6, 7, Turn Left 2, 3, 4, 5, 6, 7, 8"

- That takes a whole phrase of music, 16 beats.
- Now, we'll dance the "*Right and left hand turns*" to the music.
- Wait for the introduction.
- Listen
- Off you go!

A2: Let's practise the next figure, you know already. It's a **Two-hand turn**

- Let's do it.

Musical phrase A2 (beats 1-8): "Hold both hands. Turn/walk all the way round once.
Back to your place."

- Let's do it again.

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Musical phrase A2 (beats 1-8): “Turn, 2, 3, 4, 5, 6, 7, and stop.”

Let's practise the next figure. You know already. It's the **Back-to-back**.

Musical phrase A2 (beats 9-16): “ Face your partner. Hands by your side.”
“ Go (straight) forward. Pass right shoulder. Pass back to back. Go back to places.”

- Let's do it again.

Musical phrase A2 (beats 9-16): “ Face your partner. Hands by your side.”
“ Go (straight) forward. Pass right shoulder. Pass back to back. Go back to places.”

- Now, we'll put the “*Back-to-back*”, and the “*Two-hand turn*” together.
- Now, we'll practise both to the music.
- Wait for the introduction.
- Listen
- Off you go!

B1: Let's practise a new figure. Listen carefully.

Musical phrase B1 (16 beats):

Preparation:

- Line up in your set. Stand in your two lines.
- Check which is the top end and which is the bottom end.
- Wave couple 1!! You are the *top couple*.
- Wave couple 4!! You are the *bottom couple*.
- Everyone, turn and face *the top couple*.

The *top couple* are the leaders.

The *top couple* turn away from each other and dance to the bottom of the set.

Reds dance behind Reds.

Yellows dance behind Yellows.

Dance instructions:

Everyone stands still while the leaders practice with me.

- Leaders, go!! 1, 2, 3, 4, 5, 6, 7, 8. Are you at the bottom place?

Let's try again with everybody else joining in.

- After 4! Follow the leaders!! 1, 2, 3, GO!!! 1, 2, 3, 4, 5, 6, 7 ARCH.

Leaders make the arch.

Now each couple goes under the arch side by side your partner with cross hand hold.

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- After 4! 1, 2, 3, GO!!! 9, 10, 11, 12, 13, 14, 15, 16.
- Back you go into a new place.
 - The figure is called “***Cast-off and arch***”.
 - That takes a whole phrase of music, 16 beats. The “***cast-off***” takes half of the musical phrase, 8 beats. The “***arch***” takes the other half of the musical phrase, 8 beats.
 - Now, we’ll dance “***cast-off and arch***” to the music.
 - Wait for the music.
 - Listen.
 - Off you go!!

B2: Musical phrase B2 (16 beats):

- Dance the last figure: **SWING** your partner!!

End up on your place and ready to start again.

Let’s do it again.

Put the three figures together: ***cast-off, arch and the swing figure.***

- Wait for the music.
- Listen.
- Off you go!!

Now we are going to make a few changes for phrase A1.

We’ll start dancing a “***Right-hand star***” for 8 beats. Then a “***Left-hand star***” for another 8 beats.

- Take hands in four.
- Drop hands.
- Hold right hands in the middle.
- And Off you go!!
- Right, 2, 3, 4, 5, 6, 7 left, 1, 2, 3, 4, 5, 6, 7, and stop!

The next figures will be the ones we have been practising: ***two-hand turn, cast-off and arch, swing.***

And with a “***Right-hand turn***” the dance starts all over again.
Start with a new couple, all over again!

THE BRIDGE OF ATHLONE. 48 bar jig.

DANCE

♪ Preparation

Come onto the floor. Find a partner. Get into lines, with your partner opposite you in the other line: all reds in one line, all the yellows in the other line.

Take (join, hold) hands in your lines, not with your partner, but with the people next to you.

♪ Basic dance instructions

A1: Let's practise the first figure. In your lines.

Musical phrase A1(beats 1-8): "We go forward, 4 beats, and back to place for 4 beats."

- Let's do it again. This time to a skip step.

Musical phrase A1(beats 1-8): "Skip, 2, 3, and back 2, 3, 4"

Listen carefully. We go forward again. This time Reds make an arch on the beat 4 and Yellows go under. Everyone will pass their partner with the right shoulder.

Let's practise.

Musical phrase A1(beats 9-16): "Forward, 2, 3 arch, 5 , 6, 7 and stop."

- Let's do it again. This time to a skip step.
- Ready? Go!!

Musical phrase A1(beats 9-16): "Forward, 2, 3 arch, 5 , 6, 7 and stop. Stand still."

Now, when you get to step number seven you'll drop hands and turn around ready to go again.

A2: We'll do it again, but this time Yellows make the arch on the beat 4 and Reds go under by the right shoulder.

Let's practise.

Musical phrase A2(beats 1-16): "Go, 2, 3, 4, Back, 2, 3, 4."
"Forward, 2, 3 arch, 5 , 6, and turn around"

- The figure is called a "***Forward and back and cross over***".
- This takes a whole phrase of music, 16 beats. The ***forward and back*** takes half of the musical phrase, 8 beats. The ***cross over*** takes the other half of the musical phrase, 8 beats.
- Let's do the whole figure again to the music. This time to a skip step:
 - Holding hands in your line.
 - First into the middle and back.
 - Then Rs arch over the Ys.

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- Then into the middle and back again.
- And last Ys arch over the Rs.
- Can you manage that?
- Wait for the introduction.
- Listen.
- Off you go!!

Musical phrase A1-A2(beats 1-32): “Into the middle 2, 3, and back.”
“Rs make the arches. Turn around and go into the middle again.”
“In 2, 3, and back.”
“Ys arch over the Rs. Turn around and stop.”

B1: The next figure is lead by the *top couple*. *Top couple*, wave your hands!!!

Musical phrase B1(beats 1-16): “Take 2 hands facing your partner.”
“Galop down the set (lines), facing partners.”
“Galop back to the top.”

Let's practise.

Musical phrase B1(beats 1-16): “Take 2 hands facing your partner”
“Down, 2, 3, 4, 5, 6, 7 and back.”
“1, 2, 3, 4, 5, 6, 7, 8.”

- Let's do it again.
- Ready? Off you go!!

Musical phrase B1(beats 1-16): “Take hands facing your partner”
“Down, 2, 3, 4, 5, 6, 7 and back.”
“1, 2, 3, 4, 5, 6, 7, 8.”

- The figure is called a “**Chasse**”.
- *This* takes a whole phrase of music, 16 beats. The galop down takes half of the musical phrase, 8 beats. The galop back takes the other half of the musical phrase, 8 beats.
- Now, we'll dance the “*Chasse*” to the music.
- Wait for the introduction.
- Listen.
- Off you go!

B2: The next figure, you know already. It's the **Cast-off and arch**.

The *top couple* turn away, lead down to the bottom. Make an arch. Everyone else comes through the arch together in a new place. And stop there.

- Let's try.
- After 4! Follow the leaders!!

Musical phrase B2 (beats 1-16): “1, 2, 3, GO!!! 1, 2, 3, 4, 5, 6, leaders ARCH.

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Under, 2, 3, 4, 5, 6, 7, and stop.”

- Let's do it to the music.
- Wait for the introduction.
- Listen.
- Off you go!!

C1: Now we are going to practise a new figure.

Everybody makes an arch with 2 hands (a tunnel), except the *bottom couple*. The bottom yellow comes up under the tunnel and the bottom red goes up (8 beats), behind the reds' line. Then, the red comes down under the tunnel and the yellow goes down behind the yellows' line. (8 beats).

- Let's try.
- After 4!
- “1, 2, 3, GO!!!

Musical phrase C1 (beats 1-16): “Up 2. 3. 4. 5. 6. 7. Down 1, 2, 3, 4, 5, 6, 7, 8.”

- The figure is called “***The tunnel***”.
- That takes a whole phrase of music.
- Let's do it to the music.
- Wait for the introduction.
- Listen.
- Off you go!!

C2: Let's practise the last figure. You already know it: the **Swing**. When the tops get to the bottom of the set everyone *swings* their own partner. It will take a whole phrase of music.

Musical phrase C2 (beats 1-16): “Swing your partner 3, 4, 5,15 and stop. Back to place.”

- Let's do it to the music.
- Wait for the introduction.
- Listen.
- Off you go!!

DANCE

FARANDOLE.

♪ Preparation

Everyone hold hands in lines of six to eight using a loose, low hand hold so that twisting under arches can be accomplished but without completely letting go of hands. The leader is at the left hand end of the line with a free left hand. The essence of the dance is to make floor patterns. Wherever the leader goes, all follow.

To begin with, the leader winds around the room encouraging everyone to join on the end of the line. The person joining the line offers their left hand to the one already in the line.

♪ Dance

Introduce 'the snake'. The teacher will be the leader of one of the lines and will trace a serpentine way through the room so that lines of dancers are passing in opposite directions. Ask them to try making an interesting pathway or curving pattern as they walk, emphasising leading around other lines.

To finish the first figure lead everyone into a circle.

Sit everyone down while you explain the children how to change the leader: the first two dancers make an arch, and the others walk through, one of whom becomes the new leader; the first dancers then join the end of the line (see Diagram...).

Introduce the next figure: 'the arches'. The lines should be not too long. The leader can turn back, and without letting go, duck through the arch formed by the arms of numbers 2 and 3 in the line, then continue, systematically, weaving in and out, under all the arches (see Diagram...). The dancers will have to stop and when the leader emerges at the other end, they will have to wait until all the arches are completed before moving off again.

Another way to start the arches is for the leader and number 2 in the line hold up hands to indicate arches, to communicate the next move to everyone. The leader and number 2 must then drop their arch to start the movement. If the line is very long, the leader should only choose a few arches to pass under. Dancers need a loose hand hold so they can twist and turn easily under the arches. If they hold too tight it can be quite painful.

Introduce a new figure: 'the snail or maze'. Explain that the leader takes the line into a spiral, like a snail shell. Show diagram ... The leader leads the line clockwise, but just before the circle is complete lead inside the line of dancers, making the spiral pattern. It's fun just getting tighter with everyone thinking they are going to get stuck, but there are several ways of escaping. Once in the spiral, everyone pauses and walks on the spot. The leader, then everyone in the line, turn around. They lead out the way they came in (see Figure ...). The end person person becomes the new leader to lead the line into a new space.

DANCE

Another way is for the leader to use their leading hand and gently push up the arms of the dancers chosen to make arches, for the line to escape (see Figure...). Don't rush this; do it slowly and eventually it will all unwind.

Introduce a new figure: 'thread the needle'. This allows a change of leader. The first dancer must indicate to the second in the line, that they must make an arch and drop hands with the rest of the line. The third dancer now becomes the new leader and when everyone has passed under the arch the old leader and the old number 2 join on the end of the line as it goes by (see Figure...).

An alternative is for numbers 3 and 4 to pass under the arch and do as the leader and their partner have done, making a new, second arch for the rest of the line to pass under. Pairs continue to make arches after passing under the line until no one is left, when the last in line takes over as the leader and reconstitutes the snake from the other end. Try this at first when the line is still.

Introduce a new figure: 'over the top'. In pairs, leading round the room, the leader and their partner turn back to make a single handed arch and go over everyone's heads. Each pair follow the leaders over the top until the line has been turned inside out (see Figure...)

Introduce a new figure: 'through the tunnel'. Continue in pairs holding hands. This time the leaders turn back to duck underneath the arms of the pair behind, immediately followed by the next pair, and so on until all have completed this move (see Figure...). From here the leader can go into a double circle to start a dance in that shape, return to a single circle.

DANCE

LUCKY SEVEN. 32-bar jig.

Origin

Introduced into Britain by Mrs Bicky McClaine of the Brasstown Folk School, Kentucky, in the 1950s.

♪ Preparation.

You come onto the floor. Find a partner. Make a big circle (or concentric circles depending on the number of dancers). Boys on the left. Girls on the right. We all face the center.

♪ Basic dance instructions

Let's practise the first figure.

A1 Musical phrase A1: "All join (take) hands. Circle left. Circle right".

- Let's do it again.

Musical phrase A1: "All join (take) hands. Circle left. Circle right"

- That takes a whole phrase of music.
- Now, we'll dance the figure to the music.
- Listen carefully to the music.
- Are you ready? Off you go!

Let's practise the second figure.

A2 Musical phrase A2: "All to the centre. All back to your place.
All to the centre. All back to your place."

Let's do it again.

Musical phrase A2: "All in and out twice".

Stop there!

- That takes a whole phrase of music.
- Now, we'll dance the figure to the music.
- Listen carefully to the music.
- Are you ready? Off you go!

Let's practise the third figure.

DANCE

B1 Musical phrase B1: “ Face your partner. Join right hands. Drop hands. Join left hands. Drop hands. It’s like this (you show the children) , on the spot:

right-left-right-left-right-left-right.
1 - 2 - 3 - 4 - 5 - 6 - 7 .

- Let’s do it again.

Musical phrase B1:

“ Face your partner. Join right hands. Join left hands. Join left hands. Alternate hands like this (you show the children again) , on the spot. Your partner is number 1.

right-left-right-left-right-left-right.
1 - 2 - 3 - 4 - 5 - 6 - and **lucky 7**.

- We have to do it on the move, like this (show the children).
- The figure is called “**The Grand Chain**”. You walk in and out. The girls in one direction. The boys in another. (Show the flashcard and put it up).
- That takes a whole phrase of music.
- Now, we’ll dance “*The Grand Chain*” to the music.
- Listen carefully to the music.
- Are you ready? Off you go!

Let’s practise the second and the third figure.

- “Start from going in and out, once. Then another time, in and out. This second time turn to your partner on the 8th step:

In – 2 – 3 – Out – 5 – 6 – 7 – TURN.

- Let’s do it again, but on the 8th. setp you turn and give right hand straight after.

In – 2 – 3 – Out – 5 – 6 – 7 – TURN and HAND.

Let's practise the last figure.

B2 Musical phrase B2: “ Swing on the spot, *the lucky seven*. You have to end up with the boy on the left and the girl on the right.”

- Let’s do it again.

Musical phrase B2: “ Swing on the spot, *the lucky seven*. You have to end up with the boy on the left and the girl on the right.”

DANCE

- The figure is called “**Swing**”.
- That takes a whole phrase of music.
- Now, we’ll dance the “*Swing*” to the music.
- Listen carefully to the music.
- Are you ready? Off you go!

🎵 Follow-up

As they are acquiring new figures, the children should be keenly encourage to put them together to make their own dances. They could also try to find tunes themselves and see whether their folk dances would fit to different music.

DANCE

SMALL CIRCLE DANCE. *32-bar reels.*

♪ Preparation

You come onto the floor. Find a partner. Find another couple/pair. Stand next to your partner. Reds on the right. Greens on the left. Face your opposite couple/pair.

♪ Basic dance instructions

A1: Let's practise the first figure. In your fours.

Musical phrase A1(beats 1-16): " Put right hands in the middle. Reds take hands and Greens take hands. Pull away a little. Turn all the way round for 8 beats (or turn right 1, 2, 3, 4,5 ,6, 7, 8). Drop hands."

" Put left hands in the middle. Reds take hands and Greens take hands. Pull away a little. Turn all the way back (or turn left 1, 2, 3, 4, 5, 6, home again). Drop hands."

- Let's do it again.
- Put the two together. Stop and turn around on the 7th beat.
- Ready? Off you go!!

Musical phrase A1(beats 1-16): "Put right hands in the middle. Reds take hands and Greens take hands. Pull away a little."

"And around we go!"

"Right hands, 2, 3, 4, 5, 6, change hands."

"Left 2, 3, 4, 5, 6, home again."

- The figure is called a "**Star**".
- A "**Star**" takes a whole phrase of music, 16 beats. A "**Right-hand star**" takes half of the musical phrase, 8 beats. A "**Left-hand star**" takes the other half of the musical phrase, 8 beats.
- Now, we'll dance the "**Right and left hand turns**" to the music.
- Wait for the introduction.
- Listen.
- Off you go!

A2: Let's practise the **Right and left-hand turn**.

Musical phrase A1(beats 1-16): " Hold right hands. Turn all the way round (or turn right, 2, 3, 4 and back away). Drop hands."

" Hold left hands. Turn all the way round (or turn left, 2, 3, 4 home again). Drop hands."

- Let's do it again.

DANCE

- Ready? Off you go!

Musical phrase A1 (beats 1-16): “ Hold right hands. Turn all the way round / or turn right, 2, 3, 4 and back away. Drop hands.”
“ Hold left hands. Turn all the way round / or turn left, 2, 3, 4 home again. Drop hands.”

- The figure is called “**Right and left hand turn**”.
- That takes a whole phrase of music, 16 beats.
- Now, we’ll dance the “*Right and left hand turns*” to the music.
- Wait for the introduction.
- Listen
- Off you go!
- Seven steps and turn around.
- Seven steps and back to your place.

B1: Let’s practise the next figure, the **Back-to-back**.

“Hold both hands. Turn/walk all the way round twice. Back to your place. Drop hands.”

Musical phrase B1 (beats 1-8): “ Face your partner. Hands by your side.”
“ Go (straight) forward. Pass right shoulder.
Pass back to back. Go back to places.”

- Let’s do it again.
- Ready? Off you go!!

Musical phrase B1 (beats 1-8): “ Face your partner. Hands by your side.”
“ Go (straight) forward. Pass right shoulder.
Pass back to back. Go back to places.”

- The figure is called “**Back-to-back**”.
- That takes half the phrase of music, 8 beats.

Let’s practise the next figure, the **Two-hand turn**.

Musical phrase B1 (beats 9-16): “Hold both hands. Turn/walk all the way round once.
Back to your place. Drop hands.”

- Let’s practise the “*Two-hand turn*” again.
- Now, we’ll put the “*Back-to-back*”, and the “*Two-hand turn*” together.
- Now, we’ll practise both to the music.
- Wait for the introduction.
- Listen
- Off you go!

B2: Let’s practise the next figure, the **Promenade**.

DANCE

Musical phrase B2 (beats 1-16): “ Stand by the side of your partner. 1s are inside. 2s are outside. Walk (in an anticlockwise direction) round the room. Drop hands.”

“ 1s on the inside circle move towards the next person in the ring.”

- The figure is called “**Promenade**”.
- That takes a whole phrase of music, 16 beats.
- Now, we’ll dance the “*Promenade*” to the music.
- Wait for the introduction.
- *Listen. Off you go!*

DANCE

THE BIG SET. Smooth English or American-style reels.

♪ Preparation

You come on to the floor. Find a partner. Make two circles. Boys on the inside. Girls on the outside. Boys are going to be 1s. Girls are going to be 2s. Put your hands up all the 1s. Drop your hands. Put your hands up all the 2s. Drop your hands.

♪ Basic dance instructions

A1: Let's practise the first figure.

Musical phrase A1(beats 1-16): “ Hold right hands. Turn all the way round (or turn right, 2, 3, 4 and back away). Drop hands.”
“ Hold left hands. Turn all the way round (or turn left, 2, 3, 4 home again). Drop hands.”

- Let's do it again.

Musical phrase A1(beats 1-16): “ Hold right hands. Turn all the way round / or turn right, 2, 3, 4 and back away. Drop hands.”
“ Hold left hands. Turn all the way round / or turn left, 2, 3, 4 home again. Drop hands.”

- The figure is called **“Right and left hand turns”**.
- That takes a whole phrase of music.
- Now, we'll dance the ***“Right and left hand turns”*** to the music.
- Wait for the introduction.
- Listen
- Off you go!

A2: Let's practise the second figure.

Musical phrase A2(beats 1-8): “ Hold both hands. Turn/walk all the way round twice. Back to your place. Drop hands.”

- Let's do it again.

Musical phrase A2(beats 1-8): “ Hold both hands. Turn/walk all the way round twice. Back to your place. Drop hands.”

- The figure is called **“Two-hand turn”**.
- That takes a whole phrase of music.
- Now, we'll dance ***“The two-hand turn”*** to the music.

DANCE

- Listen carefully to the music.
- Are you ready? Off you go!

B1: Let's practise the third figure.

Musical phrase B1(beats 9-16): " Face your partner. Hands by your side."
" Go (straight) forward. Pass right shoulder. Pass back to back. Go back to places."

- Let's do it again.

Musical phrase B1(beats 9-16):: " Face your partner. Hands by your side."
" Go (straight) forward. Pass right shoulder. Pass back to back. Go back to places."

- The figure is called "***Back-to-back***".
- That takes half the phrase of music.
- Let's practise the "*Two-hand turn*" again.
- Now, we'll put the "*Back-to-back*" and the "*Two-hand turn*" together.
- Now, we'll practise both to the music.
- Listen carefully to the music.
- Are you ready? Off you go.

B2: Let's practise the last figure.

Musical phrase B2(beats 1-16): " Stand by the side of your partner. 1s are inside. 2s are outside. Walk (in an anticlockwise direction) round the room. Drop hands."
" 1s on the inside circle move towards the next person in the ring."

- Let's do it again.

Musical phrase B2(beats 1-16): " Stand by the side of your partner. 1s are inside. 2s are outside. Walk (in an anticlockwise direction) round the room. Drop hands."
" 1s on the inside circle move towards the next person in the ring."

- The figure is called "***Promenade***".
- That takes a whole phrase of music, 16 beats.
- Now, we'll dance the "*Promenade*" to the music.
- Wait for the introduction.
- Listen. Off you go!

Are you ready to practise the four figures to the music?

DANCE

Listen carefully to the musical phrases.
This music is called a **reel**.

♪ Dance Performance

And with a “*Right hand turn*” the dance starts all over again.
Start with a new couple all over again.