



Irish Folk Dance



Damhsa Tíre



An Damhsa Mór

Rang: 1 & 2

Teacher Guidelines P. 63 Exemplar 7

Reels (or reels in Polka time)

Shoe the Donkey / Cur Crúb ar an Asal

Rang: 1 & 2

Eagar: Children in pairs line up in a circle one pair behind the other.
Partners cross hands in front and hold.

An Damhsa:

1. Each child hop on the inside leg and move on two steps. (hop, one, two)
Repeat this three times and turn. (to turn pull and push on hands and turn inwards towards partner, count "three four" with feet)
2. Dance part 1 four times.
3. Dance "Hop, One, Two" once and turn. (listen for change in music for part 3 & 4)
4. Repeat 3 x eight times.
5. Dance part 1 - 4 until the music stops.

Harvest Time Jig / Port an Fhómhair

Class: 3rd & 4th

Music: Jigs

Formation: Three dancers face three dancers in a line. Each gent has two lady partners. Gent stands in the middle of the two ladies. The gent holds the left hand of the lady on his right and the right hand of the lady on his left at shoulder height.

Steps: Promenade step, Side step, Rising step

Dance Sections:

A. Advance and Retire

All dancers advance and retire twice.

B. Side Step

Each set of three dancer's side step to the right, ending with the Rising Step on the right foot.
They then side step back to the left, ending with the Rising Step on their left foot.

C. Right Hands Across (Wheel)

All give right hands across in the centre and dance around clockwise with four Promenade Steps.
They then release hands, turn and give left hands into centre and dance four Promenade Steps anti-clockwise back to place.

D. Side Step

Each set of dancer's side step to the left and end with Rising Step on their left foot.
They then side step back to the right and end with Rising Step on their right foot.

E. Left Hand's Across (Wheel)

All give left hands across in the centre and dance around anti-clockwise with four Promenade Steps.
They then release hands, turn and give right hands into centre and dance four Promenade Steps clockwise back to place.

Formation:



Lonsaí na hInse

Rang: 3 & 4

Eagar: Ceathrar (dhá chúpla) os comhair ceathair.
Líne dhíreach síos an urlár ceathrar os comhair
ceathair.

Céimeanna: : Céim Phromanáid (1,2,3)
Sleaschéim, (Léim,2,3,4,5,6,7 - 1,2,3, & 1,2,3)
Luascadh

Cuid A: Isteach 's amach faoi dhó (Céim Phromanáid "123")

Cuid B: Sleaschéim le do phairtnéir "1234567-123 123", ag dul faoi
chlé, chun tosaigh, ag dul faoi dheis taobh thiar.

Cuid C:

Luascadh - Déanann na damhsóirí ar an taobh amuigh luascadh leis an duine os a
gcomhair le hocht mbarra ceol.

Roth - Ag an am céanna, cuireann an ceathrar i lár baill lámh dheas sa lár le chéile agus
déanann siad damhsa timpeall le ceithre bharr (Céim
Phromanáid) agus , ansin, lámh chlé sa lár, agus déanann siad
damhsa timpeall le ceithre bharr, ar ais go dtí an áit tosaithe.

Cuid D: Isteach 's amach, uair amháin.

Isteach agus ar aghaidh(Ardaíonn na damhsóirí, ata cúl leis an
gceol, a lámha chun droichead a dhéanamh (na barraí) agus
téann an ceathrar eile tríd. Téann an buachaill ar an taobh amuigh, taobh amuigh den
droichead agus is féidir leis an triúr eile dul faoi.)

Seasann siad réidh chun bualadh leis an gcéad ceathrar eile,
agus tosaíonn siad arís.

Eagar: **OXOX**
 XOXO

OXOX
 XOXO

Johnny/Seáinín

Class : 3rd and 4th

Formation: Children in pairs line up in a circle one behind the other.
Partners cross hands in front and hold.
Dancers put right foot out in front.

Part A

1. Tap heel and toe of right foot. Move on three steps and turn (to turn : pull and push both hands and turn inwards) - *Le rá: Sáil, Barraicín a 1,2,3.*
2. Repeat part A four times

Part B

1. Partners turn to face each other and take up the Waltz Hold
2. Dance around following the circle with a Hop 1,2,3 step for 8 bars of music (couples turning as they go)

Repeat parts A and B until the music stops



Haymaker's Jig/Baint an Fhéir

Rang: 5 & 6

Teacher Guidelines P. 64 Exemplar 8

Two-hand Reel / Cor Beirte

Rang: 5 & 6

Formation: Any number of couples in a straight line or in a double circle around the hall. Gents stand with their backs to the centre of the room facing their partners, holding their partners right hand in their right hand.

Steps: Promenade - 1,2,3

Side step - Hop,2,3,4,5,6,7

Rising step - Tap,kick,1,2,3

Dance:

1. Side step to the gents left, finishing with two 1,2,3's (4 bars),
Side step back, finishing with two 1,2,3's (4 bars).
2. Both dance rising step, on right foot. (2 bars).
3. Partners exchange places using the promenade step, gent twirls lady around. (2 bars).
4. Both dance rising step, on left foot. (2 bars).
5. Partners exchange places, as in part 3 above. (2 bars).
6. Couple take each others hands, crossed for the swing and dance eight promenade steps (1,2,3's) rotating clockwise as they move around the hall in an anticlockwise direction (8 bars).

Repeat the dance for the duration of the music.

Formation:	O	O	O	O	O	cailíní
	X	X	X	X	X	buachaillí

The Stack of Barley / Staicín Eorna

Class: 5th & 6th

Formation: Children in pairs line up in a circle one pair behind the other.
Partners cross hands in front and hold.
Dancers put right foot out in front.

Dance:

- Hop on the left leg
Hop on the right leg
Hop on the left leg
Tap with the right leg
Tap with the left leg
Tap with the right leg
- Le rá:*
Léim a haon, Léim a dó,
Léim a haon, dó, trí.
- Moving backwards - hop a one, hop a two, hop a one two, three.
 - Partners turn to face each other and take up the Waltz Hold.
 - Dance around following the circle with a Hop 1, 2, 3 step for 8 bars of music (couples turning as they go)
 - Repeat part 1 - 4 until music stops.

Rakes of Mallow / Reicí Mhala

Rang: 5 & 6

A long dance in Reel Time, for any even number of trios, danced to the tune of the same name, or any other reel. The trios consist of a gentleman, with two ladies on his right

Formation: OOX
 XOO

Step: Promenade step

A. Advance and Retire. - 8 bars

The two trios in each set, holding hands, advance towards each other with Promenade Step (2 bars) and retire (2 bars). Repeat the movement again (4 bars).

B. Swing with the opposite lady. - 8 bars

The gents and ladies opposite then take hands, crossed, and swing eight "promenade step (1,2,3's)" in place, centre lady remaining stationary.

These documents were originally compiled by team members of the previous support services that are now part of PDST.

C. Swing with the lady on the right. - 8 bars

The gents and the ladies on their right take hands, crossed, and swing eight "promenade step (1,2,3's)" in place, other ladies remaining stationary.

D. Link arms. - 8 bars

The gents link right arms in centre, and, with Promenade Step, dance round clockwise (4 bars), turn and link left arms, dancing anticlockwise, each finishing up between his two partners (4 bars)

E. Swing out. - 8 bars

Each gent and his two partners form a ring of three, and each ring (revolving clockwise) swings out and around to meet the trio in the next set who had been facing them and line up as at the beginning of the dance, to recommence, ladies having exchanged places

Warm-up to music

- a. tapping on spot - pick up the beat, tap to the R and to the L for 8,4,2 beats
- b. march/walk for count of 4 on the spot facing each wall. c. march/skip forward and back (turn to face the 4 walls)
- f. side move - step together x2, back together x2 - **X2**
- g. repeat f. adding arm action, hands up and tip shoulder
- i. knee lifts - 4 left 4 right (opposite elbow to knee)
- j. 8 kicks - 4 left 4 right (hands swinging across the body)
- k. back to stepping/tapping on the spot
 - l. four flex and relax & 4 circles right and left ankle

Stretching (Hold all stretches for a count 8)

- a. step back and sit back into hamstring stretch both sides
- b. step forward into calf stretch both sides
- c. hip rotations swinging hands both sides looking behind
- d. shoulder roll
- e. right bend, left bend and full body stretch

~~Resources for Folk Dance~~

- www.activeschoolawards.ie - Video clips of Folk Dances and music files.
- 'Mo Cheol Thú'* (EDco.) - Leabhar & CD.
- Dancin' Time - www.schooldance.ie
- www.damhsa.com - CD 'Ceol don Chéilí'.
- www.irishprimarype.com - Teaching tips section for more Irish Folk dances.
- www.pdst.ie - PE section for more folk dance and music/video files.
- PSSI CD** - Folk Dance section
- www.ceilidancing.com - History of céilí dancing.
- www.ainm-music.com - Matt Cunningham - Dance Music CDs & Come to the Céilí Video
- www.olivehurley.com - Céilí Dancing Step by Step. Olive Hurley (Video&CDs)