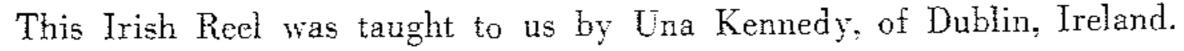
RESEARCH COMMITTEE: Carol Squires, Helen Perry, Mildred Buhler, Dorothy Tamburini, Miriam Lidster, Lucy Cheney, Vernon Kellogg.

FALLAI LIMNIGHE (Walls of Limerick)

(Irish Reel)



MUSIC

Record: Rex 15008A (Pipes) "Walls of Limerick"

Columbia 3321-F "Siege of Ennis"—or any reel.

UNA KENNEDY

FORMATION:

Sets of two couples facing each other in a circle, one facing CW, the other CCW. Inside hands joined at shoulder height, W on R of M. Outside hands hang at sides.

STEPS:

Promenade, Sidestep (see Chart of Basic Steps for Irish Dancing) October 1951

"Let's Dance!"

| MUSIC 2/4 (Reel Time) | PATTERN |
|--------------------------|---|
| Measures | I. Advance and Retire |
| 1-2 | Take two promenade steps fwd—R, L. |
| 3-4 | Take two promenade steps bwd—R, L. |
| 5-8 | Repeat action of Meas. 1-4. Drop hands. |
| 1-4 | II. Sidestep to Change Places Both W turn L shoulders twd each other, and passing face to face they exchange places with one "seven." They turn one-quarter to the R to face partner as they do the two "threes" in place. |
| 5-8 | M turn R shoulders twd each other and exchange places passing face to face on a "seven," then turn one-quarter L to face opp. W on the two "threes." |
| 1-4 5-8 | III. Sidestep to Change Places Both M join R hands with opp. W and take one Sidestep to M's L. (Couples separate, one moving into circle, the other moving away from center of circle) All take one Sidestep to return to place. |
| 1 | IV. Swing Original partners now join L hands under R and beginning MR (WL), take one Promenade step in place. |
| 2-8 | Continue with seven more <i>Promenade</i> steps turning CW, while traveling CCW once and a half around opp. couple to finish back to back with original couple and facing a new couple from next group. Repeat dance from the beginning. |
| | Note: On swing, partners are close, elbows bent, forearms upright. Variation on hold for swing: M rolls joined R hand twd him and under their joined L hands to finish with R hands near W, L hands near M, W's arms resting on M's arms with elbows held out horizontally. (See illustration in October 1951 Let's Dance!) |