

SIAMSA BEIRTE

(Sheem'suh Berta)

(Irish)

*TWO HAND FROU C*

Record: Bluebell Polka, Parlophone MIP 306, and Capitol Bluebell Polka.

Formation: Cples in circle, ptrs facing with RH joined at shoulder height, elbows bent, M with bk to ctr and M's L shoulder twd LOD.

Step: Polka throughout except meas 3 and 4. W do exactly the same steps as the M but with opposite ft.

Meas. Figure

1-2 Threes

M hop on R in place, step L on L, then on R almost behind L, step on L. Repeat in opposite direction, opposite feet.

3-4 Rock

Hop on R ft in place, bringing L behind R, then step on L, now hop on L, bring R behind L and hop on R, bring L behind R and rock R, L, R. (ct hop, L, hop, R, hop, rock rock, rock).

5-8 Repeat above Threes and Rock in opposite direction on opposite feet.

9-10 Still facing, moving in LOD, M hops on R, step L, then R, then L as for meas 1. Then M and W change places using polka step, M making half turn CW, W moving CCW into M's place, turning under RH still joined, doing hop, 1 2, 3, step.

11-12 Repeat action of meas 9-10, moving against LOD and changing places so M is on inside again.

13-16 Turning polka, Hs crossed.

--presented by Una O'Farrell

The Dates for the 11th Annual Camp have been set:

July 28 - August 9.

Folk Dance Camp, 1957