

# SIAMSA BEIRTE

*or Two Hand Frolic,*

Siamsa Beirte (SHEEM-suh BER-tah) is an Irish couple dance in slow Hornpipe time. This dance was introduced by Sean and Una O'Farrell.

**RECORD:** Parlophone MIP 306, "Bluebell Polka," Folkraft 1422, or any good hornpipe.

**FORMATION:** Ptrs face with R hands joined at shoulder height, elbows bent and down, M with back to ctr. Free hands hang naturally.

**STEPS AND STYLING:** Threes, Rock, Promenade  
All steps are danced up on the ball of the foot, in a relaxed easy style.

The steps are described for the M, the W does the counterpart.

Note: The step pattern for Siamsa Beirte begins on the 4th ct and each meas description includes the 4th ct of the preceding meas.

MUSIC 4/4

PATTERN

Measures

1-8

## INTRODUCTION

### I. THREES, AND ROCK

a) Moving to M L (LOD) hop on R in place (ct 4).

1 Step to L on L (ct 1), step on R behind L (ct 2), step to L on L (ct 3).

2 Repeat action of meas 1, beginning with hop on M L and moving RLOD.

b) The following step is done in place and is very quick and subtle. Do not move away from ptr. One ft replaces the other after the hop. On the rock the wt is transferred from the ball of one ft to the other ft.

3-4 Hop on R ft in place, bringing L around behind R (ct 4), step L across behind R (ct 1), hop on L, bringing R around behind L (ct 2), step R across behind L (ct 3); hop on R, bringing L across behind R (ct 4) and rock L R L (cts 1, 2, 3). The rock is a swd movement from the ball of one ft to the other.

5-8 Repeat action of meas 1-4, beginning with hop on M L (W R) and moving RLOD.

### II. CHANGE PLACES, PROMENADE

9-10 a) Repeat action of meas 1. Then M and W change places, both using 1 three: hop, step, step, step (cts 4, 1, 2, 3). M makes 1/2 turn CW while W moves CCW into M place, turning under R hands which are still joined.

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

13-16 b) Join both hands with ptr -- R joined over, L joined under. Dance 4 promenade steps (hop, step, step, step - (cts 4, 1, 2, 3) continuously turning CW and moving in LOD.

*Continued...*

*Siamsa Beirte (cont'd)*

Note: On the Promenade (swing), ptrs are close, elbows bent, forearms upright.

Variation on hand hold for promenade (swing): M roll joined R hands twd himself and under their joined L hands to finish with R hands near W, L hands near M, W arms resting on M arms with elbows held out horizontally.