

Ulster Seven-Step German (Long and Short)

(Ireland)

The "Ulster Seven-Step" is the same dance as Norway's "Rugen" and Germany's "Siebenschnitt" (seven-step). Variants of this dance and tune are known all over Western Europe. Learned from Paddy Joe Gormley (Co. Tyrone) and others.

Music: Preferably German, but barndances and hornpipes are also used. For the "Ulster Seven-Step," the specific tune is used.

Formation: Waltz hold or barrel hold.

Meas

Pattern

Short	Long	
	1-2	7 side steps (step together) to M's L, W's R.
	3-4	7 side steps to M's R, W's L.
1	5	3 side steps to M's L, W's R.
2	6	3 side steps to M's R, W's L.
3-4	7-8	4 hop steps around: hop 1, hop 2, hop 3, hop 4.
5	9	3 side steps to M's L, W's R.
6	10	3 side steps to M's R, W's L.
7-8	11-12	4 hop steps.

Presented by Danny and Joan Hathaway