

THE BALLYVOURNEY REEL SET

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First Figure -The Star (Polkas)		80 bars
1	Lead around: Partners take crossed hand hold in front, face anti-clockwise around the set and dance round to place, turning in to face centre on the last bar.	8 bars
2	Star R and L: top couples face the couple on their L, take R hands below shoulder level and wheel round, turn clockwise to take L hands and wheel back to place.	8 bars
3	Body: taking waltz hold, couples dance 2 steps in place then turn 2 steps on to the next place. They repeat this 4 step movement into each place and back home.	16 bars
4	House around.	8 bars
5	Star R and L, top couples facing the couple on their R.	8 bars
6	Body. House around, with a stamp on the last beat of the 8th bar.	24 bars
Second Figure - Hand over the Shoulder (Polkas)		96 bars
1	Lead around.	8 bars
2	Hand over the shoulder: (partners keep R hands held throughout this movement) Ladies dance into the set, the gents dancing in place, ½ turn anti-clockwise (2 bars), dance out and turn into R shoulder hold (2 bars) to lead around to the opposite place (4 bars).	8 bars
	Ladies dance into the set, this time turning clockwise, dance out into R shoulder hold and lead around back to place.	8 bars
3	Body. House around.	24 bars
4	Hand over the shoulder.	16 bars
5	Body. House around.	24 bars
Third Figure - Swing the Girl Behind (Polkas)		96 bars
1	Lead around.	8 bars
2	Swing behind: gents swing the lady on their L, with waltz hold.	8 bars
3	Swing partners.	8 bars
4	Body. House around.	24 bars
5	Swing behind. Swing partners.	16 bars
6	Body. House around.	24 bars
Fourth Figure - Sidestep (Polkas)		80 bars
1	Lead around.	8 bars
2	Sidestep: facing centre, partners sidestep past each other, ladies in front and gents behind (2 bars), dance 2 steps in place, sidestep back to place, gents in front and ladies behind (2 bars) and dance 2 steps in place.	8 bars

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3	Body. House around.	24 bars
4	Sidestep.	8 bars
5	Body. House around.	24 bars
Fifth Figure - Half Chain (Polkas)		96 bars
1	Lead around.	8 bars
2	Half chain: partners face each other, R hand in R, and ½ turn around each other so that gents face clockwise & ladies anti-clockwise around the set (2 bars). All chain to meet partners in the opposite place & take waltz hold.	8 bars
3	Swing.	8 bars
4	Body. House around.	24 bars
5	Half chain back to place.	8 bars
6	Swing. Body. House around.	32 bars
Sixth Figure - Ladies In (Polkas)		112 bars
1	Lead around.	
2	<i>Ladies</i> dance in to join hands in a circle and advance and retire , advance and fall back to place.	8 bars
3	<i>Gents</i> R and L hand star: gents dance in and, taking R hands, wheel clockwise, turn to take L hands & wheel back to take their partners in waist hold, L hands still held.	8 bars
4	Wheel , all four couples, around to place.	8 bars
5	Body. House around.	24 bars
6	Ladies in. Gents R and L star. Wheel.	24 bars
7	Body. House around.	24 bars

STEPS :

The normal polka step is used throughout, except when dancing the **Sidestep** in the Fourth Figure. This movement is danced using the same sidestep, and following the same passing rule, viz. move L in front of, and R behind, your partner, as in ceili dances but omitting the 'cut' on the first step. The gent dances the step as follows:

Moving to the R – the L foot is passed behind the R to take the weight on the count of 1. The R foot moves R on 2. The L, still behind the R, moves on 3 and so on to the count 7. There is a momentary pause on 8 to complete 2 bars and the step is completed with two 3s in place.

Moving back to the L – this time the R foot moves behind the L in the same sequence as before, again finishing with two 3s in place. The lady dances exactly the same step pattern, but starts by moving to the L first and back to the R.

SOURCE

Larry Lynch at Aras na nGael, London, 1991.