

THE NORTH KERRY (Ballybunion) POLKA SET

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| First Figure - The Star (Polkas) | | 152 bars |
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| 1 | Polka Body: Taking waltz hold, all couples dance 2 bars in place then turn 2 bars on to the next place on their R. They repeat this 4 bar movement into each place and back home. | 16 bars |
| 2 | <i>Top couples:</i> R and L hand star: dancers take R hands in the centre and wheel clockwise for 4 bars, turn inwards, take L hands and wheel back to place. Swing partners with waltz hold. | 8 bars 8 bars |
| 3 | Polka Body: | 16 bars |
| 4 | <i>Side couples star and swing.</i> Polka Body: | 32 bars |
| 5 | <i>Top couples star and swing.</i> Polka Body: | 32 bars |
| 6 | <i>Side couples star and swing.</i> Polka Body: | 32 bars |
| Second Figure - Show the Lady (Polkas) | | 152 bars |
| 1 | Polka Body: | 16 bars |
| 2 | <i>1st top couple show the lady:</i> House within the set. Slide in towards the centre, dancing 1, 2, 123, and back 2, 123 (4 bars), and dance one turn at home (4 bars). | 8 bars 8 bars |
| 3 | Polka Body: | 16 bars |
| 4 | <i>1st side couple (R of 1st top couple) show the lady.</i> Polka Body: | 32 bars |
| 5 | <i>2nd top couple show the lady.</i> Polka Body: | 32 bars |
| 6 | <i>2nd side couple show the lady.</i> Quarterhouse. | 32 bars |
| Third Figure - Balance and change (Polkas) | | 152 bars |
| 1 | Polka Body. | 16 bars |
| 2 | <i>Top couples balance and change:</i> with the same hold, couples face centre and dance in (2 bars) and back (2 bars) and house across to the opposite place (4 bars). They then repeat the whole 8 bar movement back to place. | 16 bars |
| 3 | Polka Body. | 16 bars |
| 4 | <i>Side couples slide in and out and change.</i> Polka Body. | 32 bars |
| 5 | <i>Top couples repeat the slide in and out and change.</i> Polka Body. | 32 bars |
| 6 | <i>Side couples repeat the balance and change.</i> | 32 bars |

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| | Polka Body. | |
| Fourth Figure - Ladies Chain (Polkas) | | 88 bars |
| 1 | Polka Body. | 16 bars |
| 2 | Ladies chain: gents dance in place while ladies take R hands in the centre and wheel round to give L hand to the opposite gent. The lady turns twice clockwise under the gent's L arm while dancing round behind him as he follows her round. Ladies again take R hands in the centre and wheel back to take waltz hold with their partners. | 8 bars |
| 3 | Swing. | 8 bars |
| 4 | Polka Body. Ladies chain. Swing. | 32 bars |
| 5 | Polka Body | 16 bars |
| Fifth Figure - The Hornpipe | | 128 bars |
| 1 | Polka Body: dancing - heel in 2 3, stamp back 2 3, with the stamp on the gent's R and lady's L foot. | 16 bars |
| | House around | 8 bars |
| 2 | Change partners and Polka Body: partners drop hands and ladies dance on to the next gent on the R while the gents dance - heel in 2 3, stamp, back 2 3 (2 bars) to meet the new lady. New partners take waltz hold and turn to the next position R (2 bars). They then dance the last three parts of the Polka Body movement to arrive back in the gent's place. | 16 bars |
| | House around. | 8 bars |
| 3 | Change partners and Polka Body. House around. | 24 bars |
| 4 | Change partners and Polka Body. House around. | 24 bars |
| 5 | Change partners and Polka Body, with own partners. House around. | 24 bars |

SOURCES and STEPS

I got the set first from Donncha O Muinnechain in Birmingham, January 1991, but changed it slightly to match Bob Stack and the Ballybunion Set Dancers' version available on the video "A Feast of Irish Set Dances" produced by Oilean Productions - it is, after all, their set. Their vigorously danced brushed or stamped polka step is worth noting, as are the step they use for the **Balance** in the Third Figure and the individual styles of stepping they display. Note too that they dance with First Sides on the R of First Tops, not the L. Some dancers today seem to think that the Clare system of numbering applies to all sets!