

THE ESSENTIAL connemara set

1 advance and retire

reels 160

Lead around.

Lead back.

Swing.

a Tops advance and retire twice.

b Tops dance around each other.

c Tops swing.

Sides dance **a** through **c**.

d Top ladies chain.

e Tops swing.

Sides dance **d** and **e**.

Tops repeat **a** through **c**.

Sides repeat **a** through **c**; tops join in for final swing.

2 back to back

reels 192

Lead around.

Lead back.

Swing.

a 1st top gent and opposite lady dance back to back.

b 1st top gent and opposite lady swing in the middle.

c Tops advance and retire twice.

d Tops dance around each other.

e Tops swing.

Sides dance **a** to **e** with 1st side gent (on the right) and opposite lady active.

Tops dance **a** to **e** with 2nd top gent and opposite lady active.

Sides dance **a** to **e** with 2nd side gent and opposite lady active; tops join in swing.

3 little christmas

reels 184

Circle up, advance and retire twice.

Swing.

a 1st tops advance, retire, advance and turn in the middle.

b 1st tops swing.

c Tops christmas.

d Top ladies chain.

e Tops swing.

Sides dance **a** through **e** with 1st sides (on the right) active.

Tops repeat **a** through **e** with 2nd tops active.

Sides repeat **a** to **e** with 2nd sides active; tops join in for final swing.

continued on back

connemara set | continued

4 maggie in the woods

polkas 96

Circle up, advance and retire twice.

Dance at home.

a Circle up, advance, retire, advance, ladies move on to the gent on the right.

b Dance on one position with the new partner.

Repeat **a** and **b** three times until back home with original partner.

Christmas and crisscross.

steps

Most moves of the first three figures of the Connemara are 6 bars followed by two bars in place. During the two bars in place, you dance facing your partner before a swing, and facing into the set after a swing.

The step danced during the first 6 bars of the reels is:

gents

and	a	1	a	2	3	and	a	2	a	2	3	
hop	heel-toe	heel-toe		down		hop	heel-toe	heel-toe		down	etc.	
R	L	R		L		L	R	L		R		

ladies

and	a	1	a	2	3	and	a	2	a	2	3	
hop	heel-toe	heel-toe		down		hop	heel-toe	heel-toe		down	etc.	
L	R	L		R		R	L	R		L		

This is one common step for the two bars danced in place (the 7th and 8th bars) before or after a swing:

gents (and ladies coming out of a swing or before a swing when they are not active)

and	a	7	a	2	3	and	8	2	3	
hop	heel-toe	heel-toe		down	forward	back	step	forward		
R	L	R		L	R	R	L	R		

ladies (before a swing when they are active)

and	a	7	a	2	3	and	8	2	3	
hop	heel-toe	heel-toe		down	forward	back	step	forward		
L	R	L		R	L	L	R	L		