

| | Corofin Plain | Kilfenora Plain | Clare Plain |
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| # Figure | 6 | 6 | 6 |
| Typical: | Dance around partner & Swing | Set & Swing | Dance at home |
| 1st | Cross Over 2x (Reels) All lead around (crossed hands) turn lady under 1 hand, All couples dance around partner & swing - top ladies cross, gents cross and back - top ladies chain, around oppos. gent & back - tops dance around partner & swing - top ladies cross, gents cross and back All couples dance around partner & swing Sides repeat All house to finish | Pass through (Clare Lancers) Reels All lead around (comfortable country hold), all set & swing - tops pass through (Clare Lancers) with ladies in centre, pass back - top ladies chain, hands low, gents follow the lady - tops pass through, lead back home from the other side All set & swing - sides repeat All set & swing All house to finish | Pass through & turn under (Reels) All lead around (crossed hands) turn the lady under both arms, dance at home 2x - tops pass to other side, turn the lady, pass back, turn the lady, dance at home 2x - ladies chain around opp. gent and back, turn the lady under - crossed hands lead to opposite, turn the lady under both arms, - pass back, turn the lady under 1 arm, All dance at home - sides repeat All dance at home All house to finish |
| 2nd | Turn the lady twice (Jigs) All lead around, turn lady under 1 hand, All couples dance around partner & swing - top couples, advance & retire 1x, cross turning lady 2x, same back - sides repeat - tops repeat - sides repeat All couples dance around partner & swing All house to finish | Waves (<i>turn the lady 1x</i>) (Jigs) All lead around, set & swing - top couples right hand in right advance & retire 1x - side couples advance & retire 1x - top couples advance & retire 1x - side couples advance & retire 1x - top couples cross over turning ladies 1x - side couples cross over turning ladies 1x - top couples right hand in right advance & retire 1x - side couples advance & retire 1x - top couples advance & retire 1x - side couples advance & retire 1x - top couples cross back home turning ladies 1x - side couples cross back home turning ladies 1x All set & swing - repeat with sides leading All set & swing All house to finish | Advance & Retire 1x (<i>Turn the lady 2x</i>) (Reels) All lead around (crossed hands) turn the lady under both arms, dance at home 2x - tops right hand in right advance & retire 1x, change over turning lady 2x - advance & retire 1x, change over back home turning lady 2x, - tops dance at home - tops repeat All dance at home - sides repeat All dance at home All house to finish |
| 3rd | Horse Shoe (Reels) All lead around, turn lady under 1 hand, All couples dance around partner & swing - top gent & opp. lady dance to other side, swing (4 bars), dance clockwise out of swing to own place , (2 bars), - take partner's nearest hand, line of 4 dance to other side leading couple advance & retire 2x + bow, - top couples advance & retire in waltz hold & half house home - second top gent & opp. lady to repeat All couples dance around partner & swing - first side gent to repeat - second side gent to repeat All couples dance around partner & swing All house to finish | Meet the lady & line of four (Reels) All lead around, set & swing - top gent & opp. lady dance around each other right hand in right 1x, swing in centre 4x, ending with back to own place, lead anticlockwise left hand in left 1x , give right hand to partner - line of four crossing to opp. position, active couple advance & retire 1x, - top couples pass through back home (Clare Lancers) - second top gent & opp lady repeat All set & swing - first side gent & opp. lady repeat - second side gent & opp. lady repeat All set & swing All house to finish | Chase the Lady (Reels) All lead around (crossed hands) turn the lady under both arms, dance at home 2x - top ladies directly cross over to opp. Gent, dance at home 2x, - top gents cross to opp. Position, turn lady under right arm 1x, then under left 2x - tops crossed hands advance & retire 2x, - waltz hold advance & retire half way, half house home, - top ladies cross over & tops repeat All dance at home 2x - sides repeat 2x All dance at home 2x All house to finish |
| 4th | Wheel barrow (Jigs) All lead around, turn lady under 1 hand, All couples dance around partner & swing - top ladies chain around opp. gent & back - top couples dance around partners & swing - top couple house inside & leave the lady at opp. gent - top gent retires & stays, while 3 advance, retire, advance - second top gent turns ladies and hand over to top gent - second top gent retires & stays, while 3 advance, retire, advance - top gent turns lady & little xmas - ladies chain around opp. gent & back - tops dance around partner & swing - second top gent repeats, no ladies' chain at the end - first side gent repeats - second side gent repeats - after the last xmas no ladies chain All couples dance around partner & swing All house to finish | Wheel barrow (Reels) All lead around, set & swing - top ladies chain around opp. gent & back, tops set & swing - top gent shows his lady & leave her at second top couple - all four advance & retire, advance & top ladies switch over to top gent, - all four advance & retire, advance & big xmas - ladies chain, top couples set & swing - second top gent to repeat, no ladies chain at the end All set & swing - side ladies chain around opp. gent & back, sides set & swing - first side to repeat - second side to repeat, no ladies chain All set & swing All house to finish | Wheel barrow (Reels) All lead around (crossed hands) turn the lady under both arms, dance at home 2x - top ladies chain to opp. Gent, turn the lady under while moving to the left, ladies - back home, turn the lady under right hand in right - both tops dance at home, first top show the lady & leave her at opp. Gent's side, - All three advance & retire, advance, turn the ladies up, Xmas - top ladies chain to opp. gent, turn the lady under, back home, turn lady under - tops dance at home 2x, - second tops repeat, starting and ending with ladies' chain - first side (on the left) repeat - second side (on the right) repeat All dance at home All house to finish |
| 5th | Caledonian figure (Reels) All lead around, turn lady under 1 hand, All couples dance around partner & swing - top couples in waltz hold advance & retire, dance 1x in place, - advance & retire, half-house to opposite, - top couples repeat from other side to get home - top ladies chain around opp. gent & back - top couples dance around partner & swing - tops repeat - sides repeat 2x All house to finish | Sevens (Jigs) All lead around, set & swing - top couples sevens in, sevens out, sevens across from opp. position: top ladies chain around opp. gent & back, tops set & swing - top couples sevens in, sevens out, sevens across back home All set & swing - side couples to repeat All set & swing All house to finish | Gallop (Jig) All lead around (crossed hands) turn the lady under both arms & swing All house, tops gallop, sides gallop, tops gallop home, sides gallop home, top ladies chain, side ladies chain, turn the lady under & swing All repeat until you are back to own partner, All swing & house to finish |
| 6th | Hey-Figure (Body) (Polka) (Circle - Swing - Body - House) Circle advance & retire 2x Swing-Body-House, Circle advance & retire 2x Ladies move on to the right, Swing-Body-House ... until you get your partner back House to finish | Body (Hornpipes) (Circle - Swing - Body - Ladies' Star) All circle, advance & retire 2x, swing All body, back to home, All circle, advance & retire 1x, Ladies star 3/4 to gent on the right, swing All body, back to home All circle, advance & retire 1x Ladies star 3/4 go gent on the right, swing repeat until you get your own partner back, swing & house to finish | Gents star (Reels) (Home-House-Home-Ladies advance&retire-Gents star) All lead around (crossed hands) turn the lady under both arms, dance at home 2x, All house, dance at home 2x All ladies advance to centre & retire 2x All gents right hand star & back, ladies move on to the position on the right, All dance in place 2x, all house, all dance at home Repeat until you have your partner back, All dance at home All house to finish |
| | Last Update: Jan 31st, 2023 / marian@setdance.me | | |