

# Sliabh Luachra Set

**Fig 1 (Polkas 160): Ladies Chain**

a	<b>Body:</b> All couples dance in waltz hold into the centre and out, turn 1x to next position on the right; repeat until back home.	16
b	<b>Top Ladies chain:</b> Top ladies chain right hand in right, left arm in left turning with opposite gent 2x („Hook“), ( <i>local variations: sometimes the gents turn the ladies under their arms left hand in left 2x</i> ) ladies chain back right hand in right	8
c	<b>Tops Swing:</b> Both top couples swing in waltz hold	8
d	<b>Body:</b> All couples dance the body like Fig 1a	16
e	<b>Side Ladies chain:</b> Side ladies chain like Top Ladies in b)	8
f	<b>Sides Swing:</b> Both side couples swing in waltz hold	8
g	All couples repeat a-f	64
h	<b>Body:</b> All couples dance the body like Fig 1a	16
i	All house to finish	8

**Fig 2 (Polkas 160): Show the Lady**

a	<b>Body:</b> All couples dance the body like Fig 1a	16
b	<b>First Top Couple:</b> House inside (8), slide in and out, dance in place 1x (8)	16
c	<b>Body:</b> All couples dance the body	16
d	<b>First Side Couple:</b> House inside (8), slide in and out, dance in place 1x (8)	16
e	<b>Body:</b> All couples dance the body	16
f	<b>Second Top Couple:</b> House inside (8), slide in and out, dance in place 1x (8)	16
g	<b>Body:</b> All couples dance the body	16
h	<b>Second Side Couple:</b> House inside (8), slide in and out, dance in place 1x (8)	16
i	<b>Body:</b> All couples dance the body	16
k	All house to finish	8

**Fig 3 (Polkas 160): Slide & Change**

a	<b>Body:</b> All couples dance the body like Fig 1a	16
b	<b>Top Couples:</b> Slide into the centre and out (4), half house to opposite (4), slide into the centre and out (4), half house home (4)	16
c	<b>Body:</b> All couples dance the body	16
d	<b>Side Couples:</b> Slide into the centre and out (4), half house to opposite (4), slide into the centre and out (4), half house home (4)	16
e	<b>Body:</b> All couples dance the body	16
f	Tops & Sides repeat b - e:	64
g	All house to finish	8

**Fig 4 (Polkas 88): Turn the Lady**

a	<b>Lead around:</b> All lead around crossed hands	8
b	<b>Turn the lady:</b> All gents turn their ladies left hand in left 4x in place (8 bars)	8
c	<b>Ladies' Star:</b> All ladies dance right hand star in the centre to opposite gent (2 bars), turn around 2x him left arm in left (4 bars), dance left hand star back to own gent (2 bars)	8
d	<b>Swing:</b> All swing with own partner in place (8 bars)	8
e	<b>Lead around:</b> All lead around crossed hands	8
f	All repeat b - e	32
g	<b>Turn the lady to finish:</b> All gents turn their ladies left hand in left 4x in place (8 bars)	8

**Fig 5 (Polkas 232): Bundle of Houses**

a	<b>Tops House:</b> Both top couples house around each other	8
b	<b>Tops Slide &amp; Change:</b> Both top couples slide into the centre and back, half house to opposite, from the other side slide into the centre and back, half house home • <i>local variation: sometimes the couples dance 2x the „Square“ known from Ballyvourney Jig Set</i>	16
c	<b>Tops House:</b> Both top couples house around each other	8
d	Tops repeat b + c	24
e	<b>Sides House:</b> Both side couples house around each other	8
f	<b>Sides Slide &amp; Change:</b> Both side couples slide into the centre and back, half house to opposite, from the other side slide into the centre and back, half house home	16
g	<b>Sides House:</b> Both side couples house around each other	8
h	<b>Sides</b> repeat e + f	24
j	<b>Tops</b> repeat a - d	56
k	<b>Sides</b> repeat e + g	56

**Fig 6 (Hornpipes 160): Ladies Move on**

a	<b>Body:</b> All couples dance in waltz hold into the centre and out, turn 1x to next position on the right; repeat until back home.	16
b	<b>House:</b> All house around	8
c	<b>Circle:</b> All circle advance into the centre, retire (4 bars) and advance again (2 bars) • <i>local variation: all A&amp;R 1x (4 bars)</i>	6/4
d	<b>Ladies Move On:</b> All gents keep the lady's right hand and lead her into the lady's positions (2 bars) • <i>local variation: gents are turning the ladies anticlockwise 2x (4 bars) or - instead of c + d - sometimes the gents stay in place and the ladies just walk straight to the next gent on the right (8 bars)</i>	2/4
e	All repeat a - d until everybody is back to his own partner	96
f	<b>Body:</b> All couples dance the body	8
g	<b>House:</b> All house around to finish	16