

The Sliabh Fraoch Set

(This set comes from the Rock Chapel area of Co. Cork)

	Figure 1 Polkas	120 Bars
(a)	Lead around; All couples lead around and turn the lady under.	8 Bars
(b)	Square; All slide one place to the right and turn slightly in place, slide back to the opposite position and turn slightly again, repeat these movements to get back to place.	16 Bars
(c)	Advance, lead to opposite; All advance and retire, lead to the left, then opposite, repeat advance and retire and lead back to home.	16 Bars
(d)	Swing; All couples swing.	8 Bars
(e)	Repeat (b) to (d);	40 Bars
(f)	All Square;	16 bars
(g)	All House;	8 Bars

	Figure 2 Polkas or Slides	200 Bars
(a)	Lead around; All couples lead around and turn the lady under.	8 Bars
(b)	Square; Square as in Fig. 1.	16 Bars
(c)	Swing; All couples swing.	8 Bars
(d)	Tops Diamond; Top couples slide to the right, reverse to opposite (<i>like in the Ballyvourney Jig set</i>), repeat these movements to get back to place.	8 Bars
(e)	Jump, Kick and Half-Diamond; Tops couples jump and kick twice (<i>as in the Borlin Set</i>) and then half-diamond to opposite. Repeat these movements to get back to place.	16 Bars
(f)	Tops diamond;	8 Bars
(g)	Sides repeat (d) to (f);	32 Bars
(h)	Tops repeat (d) to (f);	32 Bars
(i)	Sides repeat (d) to (f);	32 Bars
(j)	All square;	16 Bars
(k)	All diamond;	8 bars
(l)	All house;	8 Bars

	Figure 3 Reels	144 Bars
(a)	Lead around; All couples lead around and turn the lady under.	8 Bars
(b)	Diamond sevens; All dance the diamond sevens squaring the house.	8 Bars
(c)	Top gents cross, side dance the lines; Top gents dance around each other dancing right shoulder to right shoulder 1 ½ times finishing in the opposite position. Meanwhile side couples face other, dance past each other right shoulder to right shoulder, into tops position, turn right (4 bars), and dance on the spot (4 bars).	8 Bars
(d)	Top ladies cross, side dance the lines; Top ladies dance around each other dancing right shoulder to right shoulder 1 ½ times finishing in the opposite position. Meanwhile side couples face other, dance past each other right shoulder to right shoulder, into opposite tops position, turn right (4 bars), dance on the spot (2 bars) and dance towards each other to face the centre.	8 Bars
(e)	Repeat (c) and (d) with sides leading;	16 Bars
(f)	All advance and retire and lead back to place; All advance to the centre and retire and lead to the left as in Fig. 1.	8 Bars
(g)	All swing;	8 Bars
(h)	Repeat (b) to (g) with top ladies leading;	56 Bars
(i)	Diamond sevens;	8 Bars
(j)	All house to finish;	8 Bars

	Figure 4 Reels	192 Bars
(a)	Lead around; All couples lead around, turn the lady under.	8 Bars
(b)	Diamond sevens;	8 Bars
(c)	Swing; All swing in waltz hold.	8 Bars
(d)	Tops dance the diamond sevens, advance/retire and swing; Tops dance the diamond sevens, advance, retire, advance and ladies then join hands and bring them over the gents heads for a swing in four.	24 Bars
(e)	Ladies chain; Ladies chain without taking hands (<i>weave the basket</i>).	8 Bars
(f)	Repeat (d) and (e);	32 Bars
(g)	Tops swing;	8 Bars
(h)	Side couples: Side couples repeat (d) to (g).	72 bars
(i)	Diamond sevens;	8 Bars
(j)	House to finish;	8 Bars

	Figure 5 Flings	168 Bars
(a)	Lead around; All couples lead around, turn the lady under.	8 Bars
(b)	Diamond sevens;	8 Bars
(c)	Sevens in and sevens out, dance in and out and double in place; All dance sevens in and out, dance in 2,3 and out 2,3 and double in place.	8 Bars
(d)	Ladies move on; Ladies dance around clockwise inside the set going three-quarters way around, stopping with the gent originally on her right.	8 Bars
(e)	Gents dance in; Gents dance around clockwise inside the set all the way around back to home.	8 Bars
(f)	Repeat (b) to (e); Repeat (d) and (e) until back with own partner.	96 Bars
(g)	Diamond sevens twice ; All dance the diamond sevens twice with your own partner.	16 Bars
(h)	All House to finish; All house and double the last two bars to finish.	8 Bars