

Come to the Céilí – Part II

Tá Seachtain na Gaeilge agus Lá ‘le Pádraig buailte linn arís. Is deis iontach í seo diriú isteach ar Dhamhsa Tíre sna ranganna corpoideachais agus na damhsaí a úsáid chun cur le imeachtaí Seachtain na Gaeilge sa scoil.

It would be advisable to begin the dancing lesson by spending a few minutes warming up, this could include some marching, skipping, scissor kicks or knee lifts done in time to the céilí music followed by some stretches. Teach and practice the steps required for the particular dance in isolation first before progressing to the dance itself. Dances could be taught section by section, allowing the children time to become familiar with one section before adding on the next.

The following dances may vary slightly depending on the dancing traditions in particular areas of the country.

1. Shoe the Donkey / Cur Crúb ar an Asal

Formation: children in pairs form a circle one pair behind the other. Partners cross hands in front and hold.

1. Each child hop on the inside leg and move on one step, finishing by bringing their two feet together (say: hop, down, together)

Repeat this three times and turn. (to turn pull and push on hands and turn inwards towards partner, count “three four” by tapping feet)

2. Dance part 1. four times.
3. Dance “ Hop, down, together” once and turn. (listen for change in music for part 3 + 4)
4. Repeat 3 x eight times.
5. Dance part 1 – 4 until the music stops.

2. Johnny / Seáinín

Formation: circular; as for Shoe the Donkey.

Partners cross hands in front and hold.

Dancers put right foot out in front.

1. Tap heel and toe of right foot. Move on 3 steps and turn (to turn: pull and push on hands and turn inwards)
2. Repeat part 1 four times.
3. Partners turn to face each other and take up the waltz hold.
4. Dance around following the circle with a ‘Hop 1, 2, 3’ step for 8 bars of music (couples turning as they go)
5. Repeat part 1 – 4 until music stops.

3. Bridge of Athlone / Droichead Átha Luain

Formation: Five facing five, boys in one line girls in the other. Children hold hands shoulder high.

Steps: Rising step – danced as tap, kick, 1, 2, 3.

Promenade step – the 1,2,3.

Sidestep – hop, 2, 3, 4, 5, 6, 7, 1,2,3 & 1,2,3

1. All dance the rising step twice, once with the right foot and once with the left. Advance and retire once

- (dance the promenade step in twice and out twice).
All dance the rising step twice.
2. Advance and pass through; boys make the arch girls pass under, all turn around to face your partner. Repeat section 1. Advance and pass through again, girls make the arch this time and boys pass under.
 3. Couple one give right hand to each other and sidestep down the centre of the two lines and then sidestep back to their place.
 4. The boy and girl of couple one then turn outwards and march down along outside their own line, followed by their own line of dancers until they come to the end of the set where they face each other and then form the bridge (holding both hands uncrossed).
 5. The other couples meet in turn and taking each other's inside hand they pass under the bridge.
 6. Couples two, three, four and five now make a bridge, the girl of couple one passes under the bridge and the boy dances down outside the line of boys, when they meet they change direction and the boy passes under the bridge and the girl dances down outside the line of girls. When they meet they take up their new positions at that end of the line.
 7. Repeat section 1 to 6 until every couple has had a chance to become the leading couple.

Written by Ita Seoighe a member of the Irish Primary PE Association.