

Come to the Céilí

Tá Seachtain na Gaeilge agus Lá le Pádraig buailte linn. Seo seans maith dúinn díriú isteach ar ghné den churaclam corpoideachais atá fite fúite le cultúr agus traidisiúin na tíre seo, ‘sé sin dár ndóigh an Damhsa. Is deis íontach í freisint roeir fhocail a mhúineadh agus a usáid. Is féidir leis na páistí na damhsaí a ghlaoch amach m.sh. isteach, amach, ar chlé, ar dheis, déanfimid luascadh, timpeall an ti, faoin droichead.

Presented here are three of our most familiar céilí dances, which can be taught and enjoyed, throughout the school, as part of ‘Imeachtaí Seachtain na Gaeilge’. Some of the parts in these dances may vary depending on the dance traditions in a particular area.

As you begin the dancing lesson a few minutes should be spent warming-up. This could include some toe tapping, low scissors jumps, hopping or skipping in time to céilí music. Don’t forget to stretch those arms, legs and ankles! It is best to teach and practice, the promenade step (1,2,3), the side

step (1,2,3,4,5,6,7) and the swing before progressing to the dance itself.

Now push back those tables and chairs and take to the floor. Bainigí triail as agus bainigí taithneamh as!

Staicín Eorna/The Stack of Barley

*Ceol: Cornphíopa/Hornpipes
Beirteanna i gciorcail mór timpeall an halla.*

Children in pairs line up in a circle one pair behind the other.

Partners cross hands in front and hold.

Dancers put right foot out in front.

- Hop on the left leg.
Children sa y: Hop a 1, Hop on the right leg.
Children sa y: Hop a 2, Hop on the left leg.
Children sa y: Hop a 1,2,3. Tap with the right leg. Tap with the left leg. Tap with the right leg.
- Moving backwards – hop a 1, hop a 2, hop a 1, 2, 3.
- Partners turn to face each other and take up the *Waltz Hold*.
- Dance around following the

- circle with a *Hop 1, 2, 3* step for 8 bars of music (couples turning as they go)
- Repeat part 1-4 until music stops.

Balláí Luimní/Walls of Limerick

*Ceol: Ríl/reels
Beirt ós comhair beirte.*

Two facing two (girl on the boys’ right).

Dancers form a straight line down the floor.

- Advance and retire twice. (dance promenade step ‘123’ twice in and twice out).
- Girls do diagonal swap using sidestep (1234567, 123 + 123).
- Boys do diagonal swap.
- Hold hands with opposite person.
Dance out in opposite directions to the other pair using side step for 1234567, 123 + 123 and back for 1234567, 123 + 123.
- Couples swing for eight bars around each other in a full circle and then stand ready to meet the next pair of oncoming dancers.

Ionsaí na hInnse/Siege of Ennis

*Ceol: Port/Jigs
Ceathrar ós comhair ceathrar.*
Four facing four.

Dancers form a straight line down the floor.

- Advance and retire twice. (dance promenade step ‘123’ twice in and twice out)
- In pairs side step (1234567/123), pair going right in front and pair going left behind.
- Outside dancers swing with the person opposite them for eight bars, while the four dancers in the middle place right hands together in the centre and dance around for four bars then place left hand in the centre and dance back to original position using promenade step.
- Advance and retire once.
- Advance and pass through. (Dancers with their backs to the musicians raise their hands).

Stand ready to meet next set of dancers and begin again.

Written by Ita Seoighe, who teaches in Gaelscoil Iarfhilatha, Tuam. Ita is a member of the Irish Primary PE Association.

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