

# GLENCAR POLKA SET

Documentation is based upon a workshop taught by Pat Murphy November 8, 1996.

■ *This set is from the Caragh Lake area of south County Kerry, Ireland.* ■ *The tempo for the music for the first five Figures is to be fast.*  
■ *The step for Figures 1 through 5 is **down-2-3** and it is to be danced very flatly (low to the floor).* ■ **Chain: Low follow** -- *The gent takes a waist-level hold with the opposite lady and follows her around at his position; ladies also chain when returning to home.* ■ **Swing in waltz hold.** ■ **First side** couple is **left** of first top couple. ■ *Bar counts for dance patterns are shown in **bold**.* ■ *The total bar count for each Figure includes an eight-bar introduction of music.* ■ **Quarterhouse:** *In waltz hold, dance this four-bar pattern four times: in-place, or slightly into the set1, in-place, or slightly out of the set1, then one clockwise turn to the next position on the right2.*

## FIGURE 1: POLKAS (144 BARS)

♣ All couples: quarterhouse16; full house in waltz hold8.  
Top couples: pinwheel with the right hand (one revolution)8; swing8;  
ladies chain8; house around each other in waltz hold8.  
Side couples: repeat from ♣ 56.  
All couples: quarterhouse16; full house8.

## FIGURE 2: POLKAS (192 BARS)

♣ All couples: quarterhouse16; full house8.  
First top couple: house inside8; slide in and out (1-2-1-2, 1-2-1-2)4; dance at home4.  
Repeat from ♣ with second top, first side, then second side couples leading120.  
All couples: quarterhouse16; full house8.

## FIGURE 3: POLKAS (144 BARS)

♣ All couples: quarterhouse16; full house8.  
Top couples: slide in and out4; house to opposite4; slide in and out4; house to home4;  
ladies chain8; house each other8.  
Side couples: repeat from ♣ 56.  
All couples: quarterhouse16; full house8.

## FIGURE 4: SLIDES (152 BARS)

♣ Top couples: holding crossed-hands in front, lead around anticlockwise (to the right) inside the set8;  
house around each other8;  
slide in and out4; house to opposite4; slide in and out4; house to home4;  
slide in and out4; ladies chain to the opposite gent and take waltz hold4;  
house each other as *new* partners8;  
slide in and out4; ladies chain **to and around** *original* partner4;  
ladies chain, ending with *original* partner8;  
house around each other8.  
Side couples: repeat from ♣ 72.

## FIGURE 5: POLKAS (244 BARS)

All couples: quarterhouse16; full house8.  
♣ First top couple: slide in and out4; dance at home4.  
All ladies: pinwheel with the **right** hand (one revolution)8;  
All couples: swing8;  
quarterhouse16; full house8  
repeat from ♣ with **first top** couple, **first side** couple then **second side** couple leading -- *except gents pinwheel*  
when the second top couple and the second side couple lead144.

## FIGURE 6: HORNPIPES (160 BARS) Dance lift-2-3-4.

♣ All couples: quarterhouse16; full house8;  
ladies **walk** outside the set to the next gent on the right8;  
repeat from ♣ until *original* partners *full house*120.