

# LIMERICK ORANGE AND GREEN SET

Documentation is based upon a workshop taught by Mick Mulkerrin at Spiddal, Ireland in February 2004.

This set is from County Limerick, Ireland. ■ Couples dance in **waltz hold** except as shown below. ■ Bar-counts for dance patterns are shown in **bold**. ■ The total bar-count for each Figure includes an eight-bar introduction of music. ■ **Gents** begin forward on the **left** foot and **ladies** begin forward on the **right** foot; dance the steps shown below. ■ **Contrary**: two couples dance around (file) in a hand-holding circle. ■ **Chain**: The gent takes a **chest-level hand hold** with the opposite lady and follows her around at his position; ladies also chain to home **except** during the interlacing chain of Figure 4. ■ **First side** couple is **left** of the first top couple. ■ **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: SLIDES (200 BARS)** Dance a regular polka step, *down-2-3, down-2-3* and as shown.

♣ Top couples: facing one another with crossed-hands, advance and retire twice (polka-batter: *1 and 2 and 1-2-3, 1 and 2 and 1-2-3*) twice8;  
pass through to opposite with **first top outside** second top -- dance on-the-spot two bars in the center; pass left-shoulder-to-left to place8;  
repeat the two patterns above, ending at home16;  
ladies chain8;  
swing8.

Repeat from ♣ with first side, second top, then second side couples leading144.

**FIGURE 2: SLIDES (200 BARS)** Dance a regular polka step, *down-2-3, down-2-3* and as shown.

♣ First top couple: face one another without touching and dance in and out twice4; dance *back-to-back* around one another anticlockwise (begin **left-shoulder-to left**)4;  
swing8;  
in **waltz hold**, advance and retire once (*1 and 2 and 1-2-3*)4; slide across and leave the lady beside opposite gent as the solo gent retires to home4;  
trio little Christmas **as** solo gent turns anticlockwise twice8;  
solo gent advance/bow/retire to first side couple2, second side couple2, the trio2, then top couples form hand-holding circle2;  
*contrary* (see heading): dance clockwise4; dance anticlockwise and to home4.

Repeat from ♣ with second top, first side, then second side couples leading144.

**FIGURE 3: POLKAS (136 BARS)** Dance a regular polka step, *down-2-3, down-2-3*.

♣ Top couples: pass through with ladies in the center; turn clockwise and give right forearms to opposite partner; turn clockwise one and one/half times, ending at home8;  
swing8;  
pass through to opposite with ladies in the center and all turn clockwise to place4;  
repeat *pass through* to home4;  
house each other8;  
repeat from ♣ 32.

Side couples: repeat from ♣ 64.

**FIGURE 4: JIGS (72 BARS)** Dance a regular polka step, *down-2-3, down-2-3* and as shown.

♣ All couples: interlacing gallop to opposite and to home, with beginning weight on the **trailing** foot (*1-2-3-4-5-6-7*) -- tops to opposite2, then sides to opposite2,  
then tops to home2, then sides to home2;  
interlacing ladies chain with top ladies dancing first and side ladies dance two bars later8;  
swing8;  
top couples face left as side couples face right and dance the *contrary* (see heading) clockwise4 then anticlockwise and to home4.

Repeat from ♣ **except** side couples *gallop* first, side ladies *chain* first and side couples face *left* for the *contrary*32.

**FIGURE 5: POLKAS (232 BARS)** Dance a regular polka step, *down-2-3, down-2-3*.

♣ Top couples: face one another with crossed hand and advance and retire twice (*1 and 2 and 1-2-3*)8;  
crossover anticlockwise to opposite -- ladies lead, turn-the-lady-under **clockwise** to place and **do not release hands**4;  
face one another with crossed hands from above and advance and retire twice (*1 and 2 and 1-2-3*)8;  
crossover anticlockwise to home -- ladies lead, turn-the-lady-under **anticlockwise** to place4;  
ladies pinwheel (*star*)with the right hands4 then with the left hands and to place4 **as** gents dance in-place, without turning.  
Top couples: swing8.  
All couples: quarterhouse (*body, polka body*) (see heading)16.  
Side couples: repeat from ♣ 56.  
All couples: repeat from ♣ 112.

**FIGURE 6: REELS (248 BARS \*)** Dance *Clare-style lift-2-3-4* and, for the advance and retire, *step-step-3-4-5*.

♣ All couples: take crossed-hands and lead around anticlockwise6; reverse directions2 (no *turn-the-lady-under*); lead around to home8;  
swing8;  
advance and retire twice in a hand-holding circle8;  
swing8;  
ladies: advance and retire twice in a hand-holding circle8;  
gents: advance and retire twice in a hand-holding circle8 **and** ladies move one position to the right when gents begin the second advance.  
repeat from ♣ to re-establish *original* partners168;  
take crossed-hands and lead around anticlockwise6; reverse directions2 (no *turn-the-lady-under*); lead around to home8.

\* *Alternatively*, all available couples form a room-encircling ring; dance *no-touch on advance and retires*; use longer music.