

THE FOUR STEP
(Ireland)

The Four Step is from County Kilkenny, Ireland. There it is also known as "The Barn Dance."

Music: Hornpipes 4/4 meter

Formation: Couples in closed waltz position with man's back to center.

Measures

PATTERN

1-4 Couples dance hornpipe sevens (hop 1-2-3-4-5-6-7) in a counter clockwise direction and dance hornpipe sevens back to starting position in a clockwise direction:

Ladies	L	RLRL	RLRR	LRLR	LRL
Men	R	LRLR	LRLR	RLRL	RLR
Beats/measure	1234	1234	1234	1234	1234

On the fourth beat of each measure couples hop low off the ground. The hop is not a leap into the air. Sometimes the hop is simply a lifting of the heel off the ground and dropping it again without raising the ball of the foot.

5-6 Couples dance two hornpipe threes (hop 1-2-3, hop 1-2-3) in a counter clockwise direction around the room turning clockwise once:

Ladies	L	RLRR	LRL
Men	R	LRLR	RLR
Beats/Measure	1234	1234	1234

7-8 Couples dance hop step, hop step, hop step, hop step during the seventh and eighth measures turning clockwise two times:

Ladies	L	RRLL	RRL
Men	R	LLRR	LLR
Beats/Measures	1234	1234	1234

Repeat pattern to end of music.

Presented by Larry Lynch
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