

Sheem-suh Berta

(Two-Hand Frolic)

Source: An Irish couple dance in Hornpipe time. This dance was introduced at the College of the Pacific Folk Dance Camp, 1954, by Sean and Una O'Farrell.

Music: Avoca-Céilí Bands of Ireland 33-AV-130 Band 3, side 2

Meter: Slow 4/4 Hornpipe

Formation: Partners face with R hands joined at shoulder height, elbows bent and down, M with back to center of circle. Free hand hangs at side.

Style: Fundamental steps B: Threes, rock, promenade. The steps as described for the M, the W does the counterpart.

Note: The step pattern for Siamas Beirte begins on the 4th count and each measure description includes the 4th count of the preceding measure.

MEASURE

DESCRIPTION

THREES, ROCK

- 1 A) Moving to M's L. M hop on R in place (ct.4)
Step to L on L (ct.1), step on R behind L (ct.2), step to L on L (ct.3).
- 2 Repeat measure 1, using opposite feet and moving in opposite direction.
B) Note: This step is done in one place and is very quick and subtle.
Do not move away from partner. One ft. replaces the other on the hop.
On the rock the weight is transferred from the ball of one ft. to the ball of the other ft.
- 3-4 Hop on R ft. in place (ct.4), bring L behind R, then step on L (ct.1), now hop on L (ct.2), bring R behind L and step on L (ct.3); hop on R (ct.4), bring L behind R and rock L,R,L (ct.1,2,3)
- 5-8 Repeat measures 1-4, beginning M's L, W's R, and moving in reverse LOD.

CHANGE PLACES, PROMENADE

- 9 A) Repeat measure 1.
- 10 M and W change places using 1 three: hop, step, step, step. M makes half turn CW, W moves CCW into M's place, turning under R hands which are still joined. W also does 1 three step.
- 11-12 Repeat measures 9-10, moving against LOD and changing places so M is again on the inside of the circle.
- 13-16 B) Both hands joined with partner - R joined over, L joined under. Do a continuous turn CW, moving CCW with 4 Promenade steps: hop, step, step, step.
Note: On Promenade (swing), partners are close, elbows bent, forearms upright.
Variation on hand hold for promenade (swing): M rolls joined R hands toward him and under their joined L hands to finish with R hands near W, L hands near M, W's arms resting on M's arms with elbows held out horizontally.