

The Carrowbeg Set

	Figure 1 Jig	136 Bars
(a)	Advance and Retire, dance left and reverse; All couples with hands crossed, advance and retire once, dance left and reverse to opposite position.	8 Bars
(b)	Advance and Retire, dance to home; All couples advance and retire once, dance left and reverse to home	8 Bars
(c)	All swing; All couples swing in place in waltz hold	8 Bars
(d)	Top couples house around; Top couples house around each other	8 Bars
(e)	Ladies dance back to back Top ladies dance back to back in centre, passing right shoulder to right and reversing left to left. Top ladies right hand chain, left arm around opposite gent, moving to centre with new partner for a swing in four. Ladies finish on the gents' right	8 Bars
(f)	Top couples swing in four Top couples swing in four, arms around waist. Ladies finish swing in opposite position.	8 Bars
(g)	All swing; All couples swing in waltz hold	8 Bars
(h)	Side couples repeat (d) – (f) Side couples repeat (d) – (f)	24 Bars
(i)	All swing; All couples swing in waltz hold, all ladies now in opposite position	8 Bars
(j)	Circle advance and retire; Circle advance and retire once	8 Bars
(k)	Ladies turn to home: Taking left arm in left, all dance a full turn around their partners, then ladies join right hands in the centre and dance back to own positions	8 Bars
(l)	Circle advance and retire; Circle advance and retire once	8 Bars
(m)	All swing and house to finish; All couples swing in place and house around to finish	16 Bars

	Figure 2 Polka	160 Bars
(a)	Advance and Retire, dance left and reverse; All couples with hands crossed, advance and retire once, dance left and reverse to opposite position.	8 Bars
(b)	Advance and Retire, dance to home; All couples advance and retire once, dance left and reverse to home	8 Bars
(c)	All swing; All couples swing in place in waltz hold	8 Bars
(d)	Top couples house around; Top couples house around each other	8 Bars

(e)	Long Polka across and back; Top couples dance the long polka sevens to the opposite side and without turning dance long sevens back to home.	8 Bars
(f)	Top couples house; Top couples house around each other	8 Bars
(g)	Side couples repeat (d) – (f) Side couples dance (d) – (f).	24 Bars
(h)	Circle advance and retire; Circle advance and retire twice	8 Bars
(i)	Polka sevens with corners; Top couples face left, side couples face right in waltz hold. Short sevens in and back. Gents cross left shoulder to left to new lady, bowing in the centre.	8 Bars
(j)	All swing; All swing new partners in place	8 Bars
(k)	Repeat (i) – (j) Repeat (i) – (j) with gents moving on until back swinging their own partners at home	48 Bars
(l)	Circle advance and retire: Circle advance and retire to finish	8 Bars

	Figure 3 Reel	168 Bars
(a)	Advance and Retire, dance left and reverse; All couples with hands crossed, advance and retire once, dance left and reverse to opposite position.	8 Bars
(b)	Advance and Retire, dance to home; All couples advance and retire once, dance left and reverse to home	8 Bars
(c)	All swing; All couples swing in place in waltz hold	8 Bars
(d)	Top couples square; Top couples pass through right shoulder to right, pass partner left shoulder to left and pass back right to right and left to left to the corners.	8 Bars
(e)	Swing and line up; Swing in the corners and finish swing to line up in sides' position. All ladies should finish on the right of their new partners.	8 Bars
(f)	Advance and retire; All advance and retire in two lines of four, dancers on the outside staying in the second time.	8 Bars
(g)	All couples swing; All couples swing new partners in place.	8 Bars
(h)	Repeat (d) – (g); Repeat (d) – (g) with new top couples leading. Line up in sides' positions.	32 Bars
(i)	Repeat (d) – (g) Repeat (d) – (g) with sides leading. Line up in tops' positions.	32 Bars
(j)	Repeat (d) – (g): Repeat (d) – (g) with sides leading. Line up in tops' positions.	32 Bars
(k)	House to finish; All couples house around to finish	8 Bars

	Figure 4 Fling	160 Bars
(a)	Advance and Retire, dance left and reverse; All couples with hands crossed, advance and retire once, dance left and reverse to opposite position.	8 Bars
(b)	Advance and Retire, dance to home; All couples advance and retire once, dance left and reverse to home	8 Bars
(c)	Advance and retire, swing; All couples advance and retire and swing in place in waltz hold	8 Bars
(d)	First tops house; First top couple house around on the inside	8 Bars
(e)	First top couple chain all around; First top couple take right arm in right and turn around each other, then gent turns left in left around side lady on his left, while top lady turns left arm in left with side gent on her right. First top couple turn right arm in right arm again and move to turn with opposite top couple. First tops dance a full turn right arm in right around each other and chain with remaining lady or gent and take left hand to turn back to place.	16 Bars
(f)	House around; All couples house around.	8 Bars
(g)	Repeat (d) – (f); Repeat (d) – (f) with first sides on left, opposite tops and 2 nd sides.	96 Bars

	Figure 5 Reel	144 Bars
(a)	Advance and Retire, dance left and reverse; All couples with hands crossed, advance and retire once, dance left and reverse to opposite position.	8 Bars
(b)	Advance and Retire, dance to home; All couples advance and retire once, dance left and reverse to home	8 Bars
(c)	All swing; All couples swing in place in waltz hold	8 Bars
(d)	Circle advance and retire; Circle advance and retire twice	8 Bars
(e)	Ladies right hand in; Four ladies put right hands in and dance half way, left hands in and back to place, and gents turn the lady with right hand.	8 Bars
(f)	Gents left hand in and steal the lady; Four gents put left hands in and lead around to home, stealing the first lady on his right, ladies place her left hand on gents shoulder.	8 Bars
(g)	House around; All couples house around with new partners.	8 Bars
(h)	Repeat (e) – (g) Repeat (e) – (g) three times so that the ladies finish back in their own place and all house with own partner.	72 Bars
(i)	Big Christmas; All swing in eight, turning once to finish	8 Bars