

Seit Chamuis

This set was composed by Seamus Ó Mealoid and was first presented by Seamus in Westport in 2015 It takes its name from his home in Camus, near Casla in Connemara. The name “Camus” comes from “cam uisce” or “crooked water” a reference to the tides that flow at an angle through the narrow strait at Dun Manus into Camus Bay..

	Figure 1 Reels	176 Bars
(a)	Advance and retire; All couples take cross hands, advance and retire twice, turning into lead around position as they retire the second time.	8 Bars
(b)	Lead around and swing; All couples lead around with hands crossed, turn lady clockwise under gent's left hand on last two bars. All swing in ceili hold.	16 Bars
(c)	Top ladies cross; Top ladies cross left shoulder to left giving left arm in left to opposite gent, turning around and back to centre taking right arm turn once around each other to take the opposite gent's left hand in left, hand low and turn around him into the lead around position, gents on the inside, right hand in right at the lady's hip and left hand in left in front.	8 Bars
(d)	Top couples lead around and swing; Top couples lead on one position, dance two on the spot, repeat this movement two more times $\frac{3}{4}$ way around, gents then turn the lady clockwise twice under his left hand as they move back to gent's original position. Top couples swing new partners in ceili hold	24 Bars
(e)	Side couples dance (c) – (d). Side couples repeat (c) and (d) with all ladies now in opposite position.	32 Bars
(f)	Top couples repeat (c) – (d) Top couples repeat (c) and (d) with top ladies returning to home..	32 Bars
(g)	Side couples repeat (c) – (d) Side couples repeat (c) and (d) with side ladies returning to home...	32 Bars
(h)	Circle, advance and retire twice and swing; All circle and advance and retire twice. All couples swing in ceili hold	16 Bars

	Figure 2 Reels	248 Bars
(a)	All couples lead around; All couples lead around with hands crossed; turn lady clockwise under gent's left hand on last two bars.	8 Bars
(b)	All couples take right arm in right and dance around; All couples take right arm in right with their partner, dance a half turn around each other and then take left arm in the corner, dance around them to finish back at home facing their own partners in place.	8 Bars
(c)	All couples swing; All couples swing in ceili hold	8 Bars
(d)	Top couples advance and retire; Top couples holding crossed hands, advance and retire, advance again and first lady turns to face her partner. First top gent retires with both ladies, second top gent retires on his own. First top gent holds right hand in right with his partner and holds left hand in left with the opposite lady.	8 Bars

(e)	Advance and retire; All advance and retire, as the first top gent retires again the ladies turn in towards him to finish with his hands over on the ladies' shoulders. All advance to the centre again, then the two ladies give their free hands to second top gent and advance with him as both gents retires to place.	8 Bars
(f)	Advance and retire and swing; All advance to the centre again, then the two ladies give their free hands to second top gent and advance with him as both gents retires to place. All advance to centre ladies face in, swing in four with ladies hands on gents' shoulders.	16 Bars
(g)	Top ladies chain and swing; Top ladies chain with right hand and turn under the opposite gents left hand (gents follow the ladies around), ladies pass back right shoulder to right and swing in ceili hold.	16 Bars
(h)	Side couples repeat (d) – (g); Side couples repeat (d) – (g) with first sides on the left	48 Bars
(i)	Repeat (d) – (h); Repeat (d) – (h) with Second top couple and second side couple leading.	96 Bars
(j)	All couples repeat (a) – (c) All couples repeat (a) – (c)	24 Bars

	Figure 3 Reels	168 Bars
(a)	All couples lead around; All couples lead around with hands crossed; turn lady clockwise under gent's left hand on last two bars.	8 Bars
(b)	All couples swing; All couples swing in ceili hold	8 Bars
(c)	Top lady and opposite gent advance and retire, dance around First top lady and opposite gent advance, bow and retire, then take right hand in right down low and dance a full turn around each other back to partner.	8 Bars
(d)	Top couples pass through; Top couples pass through with first top couple in the centre and opposite on the outside, first top couple turn out and second top couple turn into the set and pass back to place with the second top couple in the centre.	8 Bars
(e)	Top couples advance to the right, reverse to opposite; Top couples in waltz hold advance to the right and reverse into opposite position. Gents turn the ladies twice, with their left hand to get back to place.	8 Bars
(f)	Top couples swing; Top couples swing in ceili hold.	8 Bars
(g)	Side couples repeat (c) – (f) Side couples repeat, first side lady on the left leading and first sides up the centre.	32 Bars
(h)	Repeat (c) – (g) Repeat (c) – (g) with second top lady leading and then second side lady leading.	64 Bars
(i)	Circle advance, retire and swing; All couples holding hands in a circle, advance and retire twice and swing in ceili hold to finish.	16 Bars

	Figure 4 Hornpipes	144 Bars
(a)	All couples house around; All couples house around in waltz hold	8 Bars
(b)	All couples advance and batter; In waltz hold all couples advance and retire twice, dancing battering steps as you retire.	8 Bars
(c)	Ladies left hands in; Four ladies left hands in a star and dance around, turn and put right hands in and dance back $\frac{3}{4}$ of the way.	8 Bars
(d)	Gents right hand in; Four gents put right hands in a star and dance around, turn and put left hands in and back to place.	8 Bars
(e)	Repeat (a) to (d); Repeat (a) – (d) three times, ladies moving on each time and moving back to their own places the third time.	96 Bars
(f)	House to finish; All couples house to finish.	8 Bars