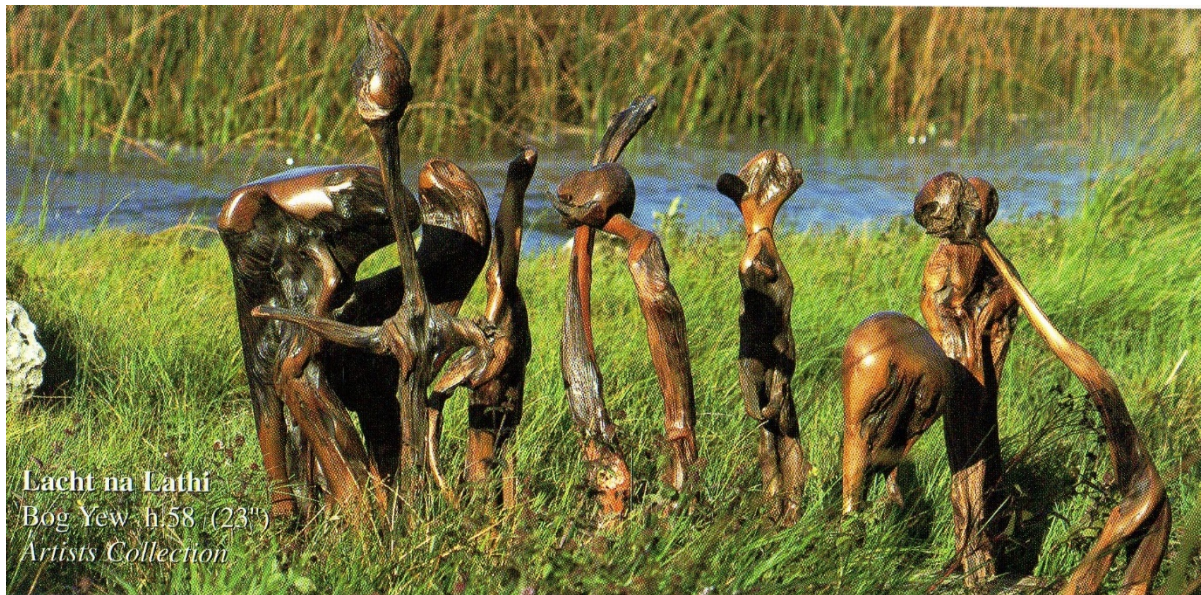


Seit Laniuish – The Laniuish Set
“Oileánn Uisce – Island of the Water”



Composed by Mairéad Casey, Michelle Casey, Johnnie & Maura Duffy, Theresa Walsh, Siobhán Casey, Deirdre Farrell and Maura Kenny.

Seit Laniuish, derived from the Irish “*Oileánn Uisce*” “*Island of the Water*” takes its name from an area close to Lough Ree, a lake on the river Shannon, in Newtowncashel, Co Longford. Local folklore tells us that in the area of *Laniuish*, swamp people (lacht na lathí) came out at night to dance in circles. Hence the reason for circles in our set. Waves and arches are symbolic of the water and bridges of the River Shannon.

The step danced is the step that was danced in the old local set.

1st figure – Reels (160 bars)

Suggested music: Clare Lancers fig. 1 (reels) from Swallows Tail

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| a) | All couples join hands in a circle advance and retire twice. | 8 bars |
| | Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold. | 8 bars |
| b) | Top couples dance back to back, facing the centre and pass through, each gent or lady dancing forward right shoulder to right to pass back to back with the opposite person, then reverse left shoulder to left (6 bars) then dance forward to face the opposite couple (2 bars) | 8 bars |
| | Both gents facing opposite lady, all dance for 4 bars then swing opposite lady for 4 bars in waltz hold | 8 bars |
| c) | With new lady on gent's right, both couples form a circle dancing clockwise for 4 then anti clockwise for 4. Gents take new lady home. | 8 bars |
| d) | Side couples repeat b) to c) | 24 bars |
| e) | All couples face their new partner for grand chain dancing first 2 bars in place while holding right hand in right then chain. When they meet halfway dance opposite for 2 bars before finishing chain to home. | 16 bars |
| f) | All couples facing partner dance opposite for 4 bars then swing for 4 bars. | 8 bars |
| g) | Top couples repeat b) to c) taking own lady home. | 24 bars |
| h) | Side couples repeat b) to c) taking own lady home. | 24 bars |
| i) | Repeat f) | 8 bars |
| j) | All couples house to finish | 8 bars |

2nd figure – Jigs (224 bars) (polka step/down jig step)

Suggested music: Paris Set 4th figure (jigs) - Templehouse Céilí Band.

- a) All couples circle advance and retire twice. 8 bars
- b) All couples with crossed hands, with the gents back facing slightly into the set dance waves, as in Aran Set, to and fro towards the next position to the right (4 bars). Turn lady half clockwise then half anti-clockwise (4 bars) holding both hands at all times moving into the next position. Dance this movement through each position to home. 32 bars
- c) Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold. 8 bars
- d) Top gents right hand chain to each other, left hand to opposite lady's left hand following round until gents are facing into the set in opposite gents position and ladies are facing sides positions. Left hand in left, gents turn ladies one full turn clockwise into circle of 4 with gents facing in and ladies facing out. 8 bars
- e) Dance in place (2 bars). 2nd top gent lifts arms over ladies heads to turn ladies in beside him (2 bars). Dance in place (2 bars). Then both gents lift arms turning ladies in beside 1st top gent (2 bars). (Turns as in Wheelbarrow of Plain Set) 2nd top gent lets go of hands and steps back to place. 8 bars
- f) Thread the arches. 1st top gent passes own partner under left hand arch and follows then passes opposite lady under right hand arch and follows. 2nd top gent dances on the spot. 8 bars
- g) Line of 3 advance and retire, advance with opposite gent, 2nd top gent then takes ladies turning them in beside him (as in Plain Set wheelbarrow). 1st top gent drops hands and retires to his own place. 8 bars
- h) 2nd top gent threads the arches as in f) with own partner leading first time, while 1st top gent dances on the spot. 8 bars
Line of 3 advance and retire with opposite gent. Advance then gent turns ladies (as in Corofin Plain wheelbarrow). 8 bars
All join hands in a circle, dance clockwise (2 bars) then anti-clockwise (6 bars)

	back to own place.	8 bars
i)	Sides repeat d) to h)	56 bars
j)	Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold.	8 bars
k)	All couples dance waves to home.	32 bars
l)	Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold.	8 bars
m)	All couples house to finish	8 bars

3rd figure – Reels (144 bars)

Suggested music: Clare Lancers fig. 3 (reels) from the Swallows Tail Ceili Band.

a)	All couples circle advance and retire twice.	8 bars
	Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold.	8 bars
b)	Both top couples turn to side couples on their left and house around each other.	8 bars
c)	In waltz hold, top couples advance and retire with side couples. (4 bars) Side couples house in place while top couples house across dropping the top lady in beside side gent (4 bars).	8 bars
d)	Wheelbarrow. Advance and retire. Advance. Ladies turn over as in Plain Set.	8 bars
	Advance and retire. Advance. Turn ladies and join hands, making a circle of 4.	8 bars
e)	Dance clockwise (4 bars) and ant-clockwise (4 bars).	8 bars
f)	Top couples make arch. Circle breaks with top gent and side lady, then side lady leads through arch followed by own gent and top lady, all dancing back to place.	8 bars
g)	Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold.	8 bars
h)	Repeat b) to f) with side couples turning left and top couples turning right with side couples leading. Side couples make arch and top lady leads through.	48 bars
i)	Facing own partner, dance for 4 bars then swing for 4 bars in waltz hold.	8 bars
j)	All couples house to finish.	8 bars

4th figure – Hornpipe (152 bars)

Suggested music: Cuchulainn Set (Hornpipe) from the Heather Breeze Ceili Band.

All couples dance at all times throughout set.

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| a) | Circle, advance and retire twice. | 8 bars |
| b) | Facing partner with crossed hands dance in 2, 3 and out 2, 3 twice (4 bars)
then dance back to back passing right by right (4 bars). | 8 bars |
| c) | Taking partner in waltz hold dance sevens to next position on right, with
gents facing out of the set and ladies facing in. Making a quarter turn
clockwise dance sevens onto next position, ladies facing out gents facing
in. Repeat this movement to home. | 8 bars |
| d) | House | 8 bars |
| e) | Circle. Advance, retire, advance. Gent takes lady from left turning her
anti-clockwise while retiring into gents own place with lady on his right. | 8 bars |
| f) | Repeat b) to e) with each lady | 96 bars |
| g) | When all ladies are home with their gent, house to finish | 8 bars |