

The Moate Set

The Moate Set was established in the 1940's and danced locally at house dances. The Set was revived in the 1980's by Frank bracken and danced locally in Dun Na sí CCE Cultural Centre used by the local set dancers. In 1992 Joe and siobhán O Donovan did a workshop in Dun Na Sí to keep the set alive. In 2014 Bridie Hamm, Tom Shine, Nicky Finn and Sharleen Mc Caffrey got together to bring the set into the next generation.

	Figure 1 Polka	120 Bars
(a)	Body, Swing; All couples in waltz hold dance the body, in, out and turn clockwise to next position on right. Repeat this movement back to home. All swing.	24 Bars
(b)	Lead on and swing; With right hand held over the lady's shoulder and left hand in front, all couples lead one place to left. (4 bars) gents dance in place turning to meet the oncoming lady, ladies continue on to next position (opposite original). All swing	16 Bars
(c)	Repeat (b); Repeat (b) three more times with gents moving on one place each time and ladies continuing to next position each time.	48 Bars
(d)	Repeat (a); All couples repeat the body as in (a) and swing to finish	24 Bars

	Figure 2 Slide Slide & Shoulder	104 Bars
(a)	Body, Swing; All couples repeat the body and swing as in Figure 1 (a).	24 Bars
(b)	Slide & Shoulder; All couples in waltz hold dance on the spot (4bars), all couples slide to centre (4 bars) (1 2, 1 2, 1 2 and 1 2 3) and dance on the spot in the centre (4 bars). All couples repeat the slide back to home. (4 bars)	16 Bars
(c)	Swing; All couples swing	8 Bars
(d)	Dance in place, ladies sidestep; All couples holding right hand in right, dance in place with partner (4 bars). Change places, ladies in front of gents, under the gents' hand to finish on his left side, still facing into the set. (4 bars) All couples dance in place (4 bars) change places ladies behind gents, gents bring their hands over their own heads, still facing into the set. (4 bars)	16 Bars
(e)	Swing; All couples swing	8 Bars
(f)	Repeat (a); All couples repeat the body as in (a) and swing to finish	24 Bars

	Figure 3 Polkas (Saw and Basket)	112 Bars
(a)	Body, Swing; All couples repeat the body and swing as in Figure 1 (a).	24 Bars
(b)	Lead around dance in place; All couples with gents holding ladies right hand in right on ladies shoulder and left hand in left in front lead around one position to right, (4 bars) ladies dance into the inside in front of partner as gents bring left hand onto ladies' shoulders. (4 bars) All couples dance on to next position, (4 bars) ladies dance back to the outside still holding hands. Repeat this movement until back at home. (16 Bars)	32 Bars
(c)	Circle in four and swing; Top couples turn left, sides turn right to form a circle in four with ladies facing out of the circle (4 bars) Gents turn the ladies clockwise into circle while still holding hands and dance on the spot.	8 Bars
(d)	Little Christmas and Swing; Swing in four, break out of swing and continue swinging own partner.	16 Bars
(e)	Repeat (a); All couples repeat the body as in (a) and swing to finish	24 Bars

	Figure 4 Polkas In and Out	96 Bars
(a)	Body, Swing; All couples repeat the body and swing as in Figure 1 (a).	24 Bars
(b)	Ladies dance to centre and move on, Gents move on outside; All ladies dance to the centre of set and turn anticlockwise on the spot, ladies dance out to position on left of original position, turning clockwise into place. At the same time all gents dance on one position to the right on outside turning anticlockwise into the set. Gents dance to centre of set and turn clockwise on spot.	8 Bars
(c)	Repeat (b); Gents and Ladies repeat the in and out movements until back home.	24 Bars
(d)	All swing; All couples swing	8 Bars
(e)	Repeat (a); All couples repeat the body as in (a) and swing to finish	24 Bars

	Figure 5 Hornpipe The Hop	128 Bars
(a)	Body, House; All couples in waltz hold dance the body, (hop in two three stamp, out two three) turning clockwise once onto next position. Repeat until back at home. All couples house	24 Bars
(b)	Ladies move on; Gents dance in to centre and back out while the ladies dance to next position on right, turning once. New couples now turn clockwise to next position on right. Repeat the body to get back to gent's original position.	16 Bars
(c)	House; All couples house around	8 Bars
(d)	Repeat (b) – (c); Repeat until back dancing with partner.	72 Bars