This dance is set to the tune “MaCahill’s Reel/Dohery’s/Reel Gan Aínm” by Danú, from their 2003 album, “The Road Less Traveled.”

This performance was intended to be a Polka Set showcase, and in keeping with the idea of a polka set, was not choreographed, but called live. Therefore, the choreography was created at the time of the performance.

(16) [0:00] **Intro.** Stand at home, in closed polka position. These 16 bars are not included in the dance length at the top.

(16) [0:17] **Polka.**

(16) [0:33] **Toss Across,** from Kerry Sets. Heads toss, then sides. Repeat.

(16) [0:48] **Toss Across,** from Kerry Sets. Heads and first-sides, then heads and second-sides. Repeat.

(32) [1:04] **Grand Chainsaw.**

(8) Grand Men’s Chain.

(8) Grand Ladies’ Chain.

(16) Grand See Saw.

(16) [1:35] **Couples Slipsides,** from High Caul Cap.

(16) [1:50] **Double Quarter Chain,** from High Caul Cap.

(16) [2:05] **Polka.**


(16) [2:28] **Rights-And-Lefts And Ladies’ Chain.**

(8) Heads Ladies’ Chain; sides Irish Rights-And-Lefts.

(8) Heads and sides exchange roles.

Caller’s Notes for 2012 March Jammix Performance:

(16) [0:00] Intro. Stand at home, in closed polka position.

(16) [0:17] Polka.

(16) [0:33] Toss Across, from Kerry Sets.

(16) [0:48] Toss Across, from Kerry Sets.


(16) [1:35] Couples Slipsides, from High Caul Cap.

(16) [1:50] Double Quarter Chain, from High Caul Cap.

(16) [2:05] Polka.


Choreography and musical selection by Bob Carragher. This choreography was created live at the performance.