

Rince Seit Tradisiúnta/Traditional Set dances

Guidelines for Teachers and Adjudicators

- 1) **ALL** versions of traditional set dances are acceptable once danced in a **traditional style**.
- 2) Clicks are **not** permitted in any traditional set dance.
- 3) Dancers are **not** permitted to move in a **counter** direction when executing "rolls." "Rolls" may be danced on the spot or moving in the direction of the leading foot e.g. the first bar of music in the King of the Fairies may be danced on the spot or to the right when dancing on the right foot and on the spot or to the left when dancing on the left foot.
- 4) "Rocks" in any traditional set dance must be fully completed and not cut short.
- 5) JOB OF JOURNEYWORK: "Boxes" in this traditional set dance may be executed in either FOUR or FIVE beats. The "box" **must** be completed by the two shoes touching at the toe piece. There is **no** "stamp" immediately following the "box".
- 6) ST. PATRICKS DAY: In the 5th bar of the step (lead) and also the 5th and 10th bars of the set, dancers **must** hit their toe to their heel. Banging of the toe on the floor is **not** permitted.
- 7) Single and double trebles **are** acceptable in the step (lead) of **all** traditional set dances.