

THE RATTLIN' BOG SET

Figure 1. Rattlin' Bog Dance	MOVEMENTS	BARS
ALL	All circle up to start- hands or no hands	
ALL	Advance & retire twice into and out of the circle	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to place and face into the circle.	Starts 4 bars- longer and longer!
	REPEAT all the above and Right Arm Hook around getting longer and longer each time as the verse expands until the song finishes. As the verses are getting longer, you can change direction by suggesting a Left Arm Hook.	

FIGURE 2. Rattlin' Bog LONG WHEEL	MOVEMENTS	160 BARS Hornpipes Speed 91-97BPM 3:20s-3:37s approx
ALL	All circle up to start- hands or no hands	8 bar intro
ALL	Advance & retire twice into and out of the circle	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face into the circle	4 bars
LADIES ONLY	LONG WHEEL - LEFT hand into the centre to join with the other ladies to form spokes of a Wheel, walk/dance around and turn in and change hands at 6 bars.	8 bars
LADIES ONLY	LONG WHEEL BACK - RIGHT hand into the centre Wheel to walk/dance around back place next to your partner.	8 bars
ALL	All circle up & Advance & retire twice	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face into the circle.	4 bars
GENTS ONLY	LONG WHEEL - RIGHT hand into the centre to join with the other gents form spokes of a Wheel/ walk/dance around and turn in and change hands at 6 bars.	8 bars
GENTS ONLY	LONG WHEEL BACK - LEFT hand into the centre Wheel /walk/dance around back into place next to your partner.	8 bars
	REPEAT ALL FOR LADIES & GENTS	64 bars
ALL	All circle up & advance and retire twice	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face into the circle	4 bars
ALL	All circle up Advance & retire twice to finish.	8 bars

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FIGURE 3. Rattlin' Bog CHAIN ALL AROUND	MOVEMENTS	160 BARS Hornpipes Speed 91-97BPM 3:20s-3:37s approx
ALL	All circle up to start	8 bar intro
ALL	Advance & retire twice	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face your partner	4 bars
ALL	CHAIN ALL AROUND - Shake RIGHT low hands with each other moving forward, pass right shoulders and take the LEFT hand of the next person coming towards you. Pass left shoulders with them and keep moving forward, RIGHT hands and passing shoulders until your meet the 4 th person /your own partner LEFT hand to them, turn around each other, and face the direction you have just come.	8 bars <i>-Count 2 bars for each chaining hand RIGHT, LEFT, RIGHT, LEFT</i>
	CHAIN BACK TO PLACE - go back the way you came, alternating hands and passing shoulders until you get back to your own partner LEFT HAND turn into place and face into the circle.	8 bars <i>Count 2 bars for each chaining hand RIGHT, LEFT, RIGHT, LEFT</i>
REPEAT THREE (3) MORE TIMES		96 bars
ALL	All circle up & advance and retire twice	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face into the circle	4 bars
ALL	All circle up Advance & retire twice to finish.	8 bars

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FIGURE 4. Rattlin' Bog	MOVEMENTS	160 BARS Hornpipes
LEAD AROUND SLIDE IN & OUT WHEEL	MOVEMENTS	Speed 91-97BPM 3:20s-3:37s approx
ALL	PARTNERS right hand in right	8 bar intro
ALL	LEAD AROUND the set ANTI-CLOCKWISE back to place, LADIES turn in to face your partner.	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face your partner	4 bars
With your partner	HANDS UP – SIMPLE SLIDE IN, SLIDE OUT with your partner: 2 bars in/ 2 bars out/2 bars in/2 bars out Face each other, hands up and flat palm to palm (not waltz hold) to begin with.	8 bars
LADIES	LADIES WHEEL LEFT hand into the centre (4 bars), turn in and then RIGHT Hand (4 bars) back to place, give your right hand to your Gent's right hand and turn into place.	8 bars
ALL	LEAD AROUND the set ANTI-CLOCKWISE back to place, LADIES turn in to face your partner.	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face your partner	4 bars
With your partner	HANDS UP – SIMPLE SLIDE IN, SLIDE OUT with your partner: 2 bars in/ 2 bars out/2 bars in/2 bars out Face each other, hands up and flat palm to palm (not waltz hold) to begin with.	8 bars
GENTS	GENTS WHEEL RIGHT hand into the centre (4 bars), turn in and then LEFT Hand (4 bars) back to place, give your right hand to your Lady's right hand.	8 bars
REPEAT ALL FOR LADIES & GENTS		64 bars
ALL	LEAD AROUND the set ANTI-CLOCKWISE back to place, LADIES turn in to face your partner.	8 bars
With your partner	Stamp, stamp, stamp/clap, clap, clap	4 bars
With your partner	Right arm hook around back to face into the circle.	4 bars
ALL	All circle up Advance & retire twice to finish.	8 bars

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TEACHING NOTES

THE CONFIGURATION

This dance does not necessarily have to be danced in sets of 8 people. You could start with everyone paired in a big circle, particularly at the start or if you don't have even numbers for sets.

Tops and Sides is also not a concept included in this dance.

LEARNING IN LAYERS

The idea of this set is to lead new dancers in gently with simple moves that build on each other.

If you are teaching this dance to beginners, when you consider that they are confident with what they have learned, start to substitute other more complex moves in.

SUBSTITUTIONS

Stamp/ Clap and Right Arm hook (8 bars) can be replaced with a gentle SWING in hug hold to begin with, and then progress to a céilí hold or waltz hold as the dancers become more confident,

Waiting partners while **WHEEL** is in progress could dance on the spot, turn on the spot, when dancers are ready for more.

Steps

Start with the simplest advance & retire of 4 steps forward and 4 steps back.

This can then be replaced with 2 steps forward and stamp/stamp/stamp and retire 2 steps and stamp, stamp, stamp. This will eventually lead to a reel step in the way most advance and retire steps are danced.

Slide in and Slide Out is a simple 4 steps sliding in; 4 steps sliding out and repeat. Nothing fancy.

MUSIC

It's really important to have *lively music that is not fast*.

Counting the beat out loud for the key elements – advance and retire, wheel and chain will be important to getting dancers used to how to count the bars of music they are dancing to.

Figure 1 - The Rattlin' Bog song by Ross Sutter (Apple or Spotify) is great for the first figure - it does not have any introductory bars.

It also helps if dancers become acquainted with the lyrics and can sing along.

Figures 2-4

Hornpipes have great lift without speed and would be recommended or a slowed down reel.

Beats per minute - **91BPM-97BPM** is probably ideal. Generally, the longer the track with the same number of bars, the slower it will be.

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TEACHING NOTES

MUSIC SUGGESTIONS FIGURES 2-4; listed from Slowest to Fastest (160 bars)

Caragh Lake Jig Set Figure 7 Matt Cunningham Volume 9.

I have a slowed version* (90%) of this, which is perfect for learning. (3:37s)

Kilfenora Set: Fig. 6 Hornpipes 95BPM (3:24s)

The Davey Céilí Band

Pipe 'n' Music - For Set Dancing

The Wicklow Hornpipe; Murphy's - Hornpipes (3:23s)

Shaskeen

Music For Set Dancing And Listening

Croisloch Set Fig.4 (3:17s)

Rise The Dust

Give It A Lift

Labasheeda Set Fig. 6 Hornpipes Chief O' Neill's Dunphy's, The Fair (3:17s)

Michael Sexton Céilí Band

Volume 2 Mad To Dance

Sliabh Luachra Set Fig 6 Hornpipes (3:05)

Deenagh Céilí Band

Around The House

Caledonian Set, Figure 6, Hornpipe (3:02s)

Micheál Sexton & Pat Walsh

Live - Music For Set Dancing

TOOLS FOR WORKING WITH MUSIC

MEASURE your BPM here

<https://www.beatsperminuteonline.com/>

* **SLOW DOWN** your music to a pace that suits using the Amazing Slowdowner app.

DOWNLOAD here

<https://www.ronimusic.com/>

I wish you well with your teaching.

Nora Stewart

Easy Irish Dance/ Irish Bliss

12 July 2023