

Unit 3: The Walls of Limerick (Ireland)

**LEARNING  
OUTCOMES**

*The student will :*

- accomplish the rhythmic patterns of the dance
- be introduced to a progressive dance.

**RESOURCES**

Tape/CD player, music for Walls of Limerick.

**CLASS ORGANISATION**

Progressive dance.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		<p><b>Task 1:</b> stepping on the spot and clapping to the music.</p> <p><b>Task 2:</b> stepping on the spot x 8. Stop. Clapping x 8.</p> <p><b>Task 3:</b> walking to a new spot x 8 clap and step on the spot x 8.</p>	<p>Step softly on feet. Knees and ankles softened (not pounding). Listen to the rhythm of the music.</p> <p>Watch body alignment, i.e., body erect, no slouching.</p>
Development		<p><b>Dance 1: The Walls of Limerick</b></p> <p><b>Task 1:</b> introduce the 1,2,3, rhythm: clap 1, 2, 3 x 8 step (on the spot) 1,2, 3 x 8.</p> <p><b>Task 2:</b> repeat, travelling forwards and backwards.</p> <p><b>Task 3:</b> introduce hop 1,2,3.</p> <p><b>Task 4:</b> introduce the side step walk to the left keeping left foot in front, walk to the right keeping right foot in front. (Repeat on right &amp; left foot). Introduce hop 2,3,4,5,6,7,</p> <p><b>Task 5:</b> full side step with the 1,2,3's.</p> <p><b>Task 6:</b> introduce formation of the dance—"advance and retire". Ladies cross to each others place. Boys cross to each others place. Walk with opposite partner out to the sides and return. Walk around with own partner.</p> <p><b>Task 7:</b> repeat formation using appropriate dance steps.</p> <p><b>Task 8:</b> introduce 'progression' . Take right hand to the sides. Walk a circle, anti-clockwise around opposite circle. Advance and retire using 1,2,3's. Cross over using side step. Out to sides using side step. Circle around using 1,2,3's. After circling, couples must finish up facing the direction they started the dance in.</p>	<p>Keep body facing forward.</p> <p>Keeping in time to the music.</p> <p>Be very aware of which foot the weight is on when learning the hop 2,3. Practise the hop 2, 3 slowly at first.</p> <p>The Walls of Limerick is the simplest of all dances from the point of view of execution. At starting, the dancers line up in couples, girl on boy's right, each set of two couples facing each other. It is danced to reel-time, and consists of four movements as follows: This is only the floor pattern walk only. Girl on the right of boy. Walk forward, walk back x 2. 2 opposite 2 Right shoulder leading in cross overs.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>1</b></p> <p>Couple 2 X O</p> <p>Couple 1 O X</p> <p>Advance &amp; retire. 1, 2, 3's</p> </div> <div style="width: 50%; border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>3</b></p> <p>Sides. Side step.</p> </div> <div style="width: 50%; border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>2</b></p> <p>Cross over. Side step.</p> </div> <div style="width: 50%; border: 1px solid black; padding: 5px;"> <p><b>4</b></p> <p>Anti-clockwise.</p> <p>Circle round. 1, 2, 3's.</p> </div> </div>
Conclusion		<p>Walk around the room.</p> <p>Walk into the centre, walk out to a space and repeat.</p>	