



GRADE SEVEN

Pre-Open Hornpipe, Pre-Open Single Jig, Open Light Jig, 3 Sea Captains, Own Choice Jig Set Dance (max 8:16), Humours of Bandon, High Cauled Cap

THEORY AND MUSIC

1) Give the time signatures of the following dances:

- Light Jig 6/8
- Single Jig 6/8
- Hornpipe 4/4
- 3 Sea Captains 6/8 Step 8 Set 20
- Humours of Bandon 6/8
- High Cauled Cap 2/4 or 4/4

2) Name the movements of the following dances:

HIGH CAULED CAP

- a) Lead Around
- b) Body: Sides All Around
Double Quarter Chain
Ladies Interlace
Gentlemen Interlace
Stamp and Clap
- c) 1st fig: Sidestep to Opposite
- d) Body
- e) 2nd Figure – Circle and Cross
- f) Body
- g) 3rd Figure – Ladies Chain
- h) Body
- i) Finishing Movement – Advance and Retire

HUMOURS OF BANDON

- a) Lead Around
- b) Body: Sides
Full Turn and Pass Through
Sides
Full Turn and Pass Through
- c) 1st Figure - Advance Through Centre
- d) Body
- e) Opposite Couple repeat 1st figure
- f) Body
- g) 2nd Figure - Centre Meet
- h) Body
- i) Opposite Couple repeat 2nd figure
- j) Body
- k) 3rd Figure – Ladies Chain
- l) Body
- m) Lead Around

3) What music is the Humours of Bandon danced to?

The Humours of Bandon is danced to a tune of the same name; the body is danced to the second part of the tune

4) What is the formation of the Humours of Bandon and how many times is the body danced?

This is a dance for 2 couples in Jig time. The lady is on the gentleman's right hand side and both couples face each other. The body of the dance is performed after the lead around and after each couple performs each figure, so it is danced 6 times in total.

5) How do you perform the Ladies Chain in the Humours of Bandon?

Ladies advance and take right hands in centre, continue on to opposite gentleman with left hand, turn once and return to own partner with right hand (passing right shoulder to right shoulder) Couples swing around each other.

6) How do you perform the Stamp and Clap movement of the High Cauled Cap.

All stamp right foot (twice) then clap hands (3 times) (2 bars), Repeat (2 bars). Partners exchange places with sidestep, finishing with two 3's (4 bars). The movement is repeated for dancers to return to original positions (8 bars).

7) How many times is the body danced in the High Cauled Cap?

The body is danced 4 times.

8) What type of chain is danced in the High Cauled Cap?

The double quarter chain is danced in the High Cauled Cap

9) What is the name of the 1st Figure in the High Cauled Cap and who performs it first?

The name of the first figure is Sidestep to Opposite, and each couple performs it starting with couple 1.

10) What are the similarities between the Humours of Bandon and the High Cauled Cap?

Both dances commence with a lead around, and the 3rd figure is the same – they both dance the Ladies Chain.



GRADE 7 – FIGURE SECTION

Name the 3rd Figure in the Humours of Bandon?

The 3rd Figure is called "Ladies Chain".

Demonstrate the Sides with Pass Through in the Humours of Bandon?

Dancers must demonstrate as per instruction given at class.

Demonstrate the Stamp and Clap in the High Cauleed Cap?

Dancers must demonstrate as per instruction given at class.

Using Chairs, demonstrate the Ladies Interlace in the High Cauleed Cap?

Dancers must demonstrate as per instruction given at class.