

1 SEINER'S DANCE

Couples form one large circle. The step is one, two, three hop throughout.

Bars

1-4 Circle left for 4 steps.

5-8 Circle right for 4 steps

9-10 Let go hands take one step into the middle, clap and one step back.

11-12 Repeat 9-10

13-16 Take cross hands hold with your partner and swing.

NB use the last bar to give the children time to tae their place in the circle again, i.e. remind children after three 1,2,3 hops that they need to find their places in the circle again.

Extra Information

The Seiners Dance is adapted from the Newquay Heva Dance for use in classroom or ceilidh situations. This dance is great as an early introduction to steps and working with a partner. The Heva Dance celebrates the seine fishing industry in Newquay.

Tune: Newquay Heva

The musical notation for 'Newquay Heva' is written in a single treble clef staff with a key signature of one sharp (F#) and a 4/4 time signature. The melody consists of quarter and eighth notes, with some beamed eighth notes. The notation is presented in four staves, with bar numbers 5, 9, and 13 indicated at the start of the second, third, and fourth staves respectively. The piece concludes with a double bar line at the end of the fourth staff.