

Galway Advertiser

March 25, 2006

‘Learn sean-nós dancing in your own home’

DANCE SEAN-NÓS is the first instructional DVD for this old-style form of Irish dancing. Though marginalised by the newer forms, it never went away and has enjoyed a resurgence in recent years.

As a result, it's a good time to get to know this (dare we say it?) more 'authentic' style of Irish dancing? The teachers on this DVD are Ronan Regan from Galway and Maldon Meehan from Portland, Oregon. Both are experienced sean nós dance teachers.

On the DVD numerous different steps are taught in the same way with Meehan and Ronan taking turns. The step is first danced at normal speed before being broken down and repeated several times. New pieces are added and practised until the step is complete, then it's practised slowly to music and finally danced once again at full speed.

The slow step practice shows the dancers from behind and from the knee down, allowing viewers to see the actions and movements.

Music is provided by the great Inishbofin melodeon player Johnny O'Halloran. The DVD was filmed in Árus na nGael and there is a final session scene in The Crane Bar. To order a copy of *Dance Sean-Nós* call 086-3751360.