



Daughters of Ernmas



Takt	Step	Name	Anmerkung
1-16	1. Step	Banba	
17-32	2. Step	Fódlá	
33-48	3. Step	Ériu	

Banba – (First Step)

Takt	1. Drittel	2. Drittel	3. Drittel	Lokomotion	Orientierung
1	Treble-Step	Treble-Hop	Toe-Slash		DS
2	Toe-Down	Tie-Heel-Drum	Tie-Heel-Drum	l	
3	Bang-Box	Heel	(-)		
4	Hop-Back	Treble-Hop	Toe-Down (F)		
5	Treble-Hop	Grapevine	→	l	
6	Treble-Step	Treble-Step	Treble-Step	f	
7	Treble-Wash	Shuffle	Hop-Back		
8	Treble-Slash	Toe-Down	Change		
9-16	Wiederholung von 1-8		Posit	Dir↔	Ori=

Fódlá – (Second Step)

Takt	1. Drittel	2. Drittel	3. Drittel	Lokomotion	Orientierung
1	Treble-Hop	Toe-Drop-Toe	Down-Heel		DS
2	Hop-Back	Front-Slice	Change	C90,f ₂	DS>SR
3	Hop-Up	Smack-Hop-On	Smack-Hop-On (A)	f	
4	Treble-Step	Treble-Step	Treble-Step	fa190	SR>CR>DS
5	Shuffle	Heel-Box	Strike-Ball-		
6	-Box-Click	Heel-Roll	Change		
7	Treble-Step	Treble-Wash	Hop-Back		
8	Treble-Slash	Toe-Down	Change		
9-16	Wiederholung von 1-8		Posit	Dir↔	Ori↔

Ériu – (Third Step)

Takt	1. Drittel	2. Drittel	3. Drittel	Lokomotion	Orientierung
1	Treble-Step	Treble-Hop	Back-Treble		DS
2	Up-Toe	Down-Heel	Hop-Toe		
3	Plain-Down(Bang)	Tie-Heel-Drum	Tie-Heel-Drum	l	
4	Brush-Step	In-Step	Hop-Down (F)	A45,f ₃ C45 ₂	DS>DSL>DS
5	Flick	Flack	Zigzag		
6	Treble-Step	Hit-Hop-Up	Hit-Hop-Down (F)	f	
7	Back-Rock	Rock-Out	Rock-In		
8	Treble-Slash	Toe-Down	Change		
9-16	Wiederholung von 1-8		Posit	Dir↔	Ori↔

**** Verse ****

Trè-ble Step Toe Down Bang Box flop Back	Trè-ble flop Tie fízel Drum fízel Trè-ble flop	Toe Slash Tie fízel Drum (-) Toe Down
Trè-ble Hop Trè-ble Step Trè-ble Wash Trè-ble Slash	Cross On Trè-ble Step Shuf-fíle Toe Down	Cross Back Trè-ble Step flop Back Step Down
Trè-ble Step Toe Down Bang Box flop Back	Trè-ble flop Tie fízel Drum fízel Trè-ble flop	Toe Slash Tie fízel Drum (-) Toe Down
Trè-ble Hop Trè-ble Step Trè-ble Wash Trè-ble Slash	Cross On Trè-ble Step Shuf-fíle Toe Down	Cross Back Trè-ble Step flop Back Step Down
Trè-ble Hop flop Back flop Up Trè-ble Step Shuf-fíle Box Click Trè-ble Step Trè-ble Slash	Toe Drop Toe Front Slíce Smack flop On Trè-ble Step fízel Box fízel Roll Trè-ble Wash Toe Down	Down fízel Step Down Smack flop On Trè-ble Step Strike Ball Step Down flop Back Step Down
Trè-ble Hop flop Back flop Up Trè-ble Step Shuf-fíle Box Click Trè-ble Step Trè-ble Slash	Toe Drop Toe Front Slíce Smack flop On Trè-ble Step fízel Box fízel Roll Trè-ble Wash Toe Down	Down fízel Step Down Smack flop On Trè-ble Step Strike Ball Step Down flop Back Step Down
Trè-ble Step Up Toe Bang Brush Step and Flick Trè-ble Step flop (Back)-Rock Trè-ble Slash	Trè-ble flop Down fízel Tie fízel Drum In Step and Flack Hit flop Up Rock Toe Down	Back Trè-ble flop Toe Tie fízel Drum flop Down Zig Zag Hit flop Down Rock Step Down
Trè-ble Step Up Toe Bang Brush Step and Flick Trè-ble Step flop (Back)-Rock Trè-ble Slash	Trè-ble flop Down fízel Tie fízel Drum In Step and Flack Hit flop Up Rock Out Toe Down	Back Trè-ble flop Toe Tie fízel Drum flop Down Zig Zag Hit flop Down Rock In Step Down