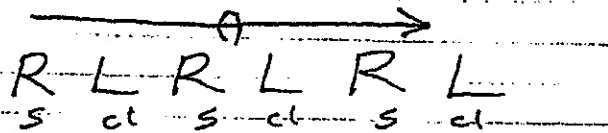
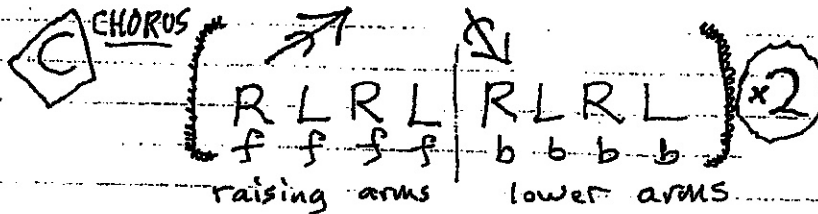
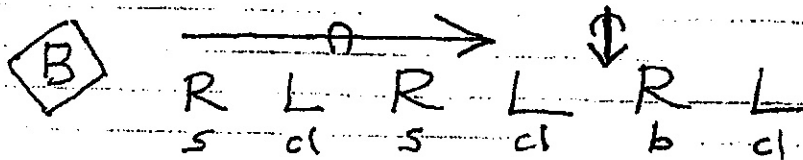
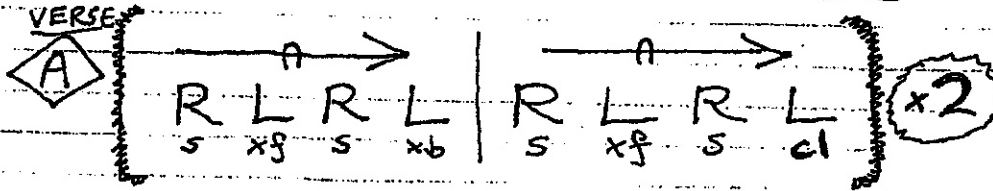


SeaWeed

Music: Ireland. 'Dúlaman' by Altan

Steps: Brenda Kelly (UK)

Circle V hold. Begin with singing



MOST VERSES ARE SUNG
BUT ON THE FIRST INSTRUMENTAL VERSE

A IS DANCED **x4**

ON THE SECOND INSTRUMENTAL VERSE

A IS DANCED **x2** + **B** (as usual) + **R** \uparrow

sudden
stop
to
finish!

A'níon mhín ó, sin anall na fir shúirí

A mháithair mhín ó, cuir na roithléan go dtí mé

Chorus:

Dúlaman na binne buí, dúlaman Gaelach

Dúlaman na farraige, 's é b'fhéarr a bhí in Éirinn

TRANSLATION

Oh gentle daughter, here come the wooing men

Oh gentle mother, put the wheels in motion for me

Chorus: Seaweed from the yellow cliff, Irish seaweed

Seaweed from the ocean, the best in all of Ireland

