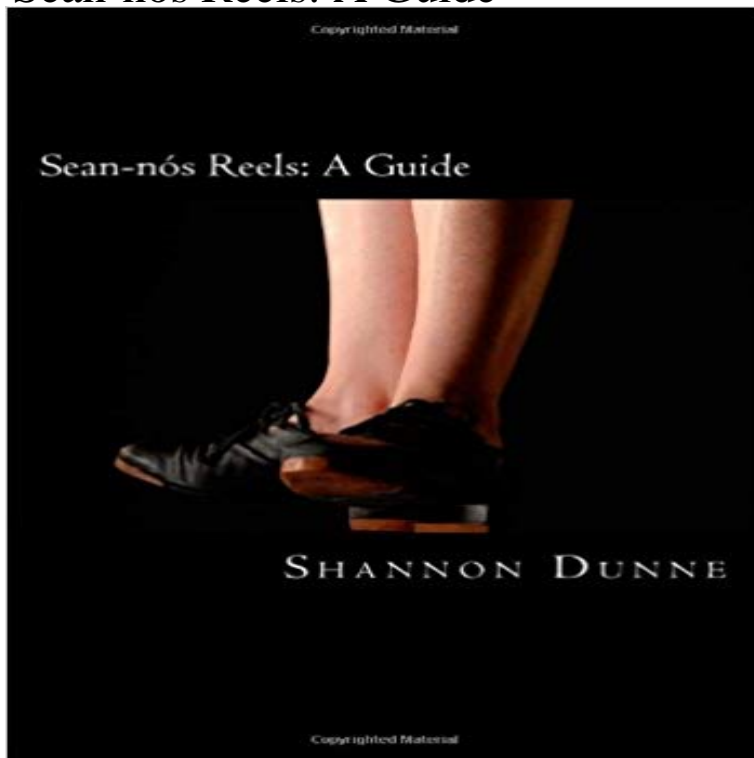


Sean-nos Reels: A Guide



An introspective approach that gives sean-nos dance students short, achievable exercises and thought provoking questions so that they can continue to perfect their rhythm, explore tradition, and develop their own personal style.

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