

RAKES OF MALLOW (Ireland and America)

This popular Irish tune, also known as Galway Piper, is used for innumerable dances, including many American squares and contras. As almost any dance may be called to it, this is an excellent practice record for beginning callers. The Irish Waves of Tory, given here, is one of the many done in Ireland to this melody.

OPENING FORMATION: Dancers stand in 2 rows about 6 feet apart, ladies opposite men. There are 6-8 couples in the set. Couples should be numbered 1, 2, 1, 2 etc.

In Irish dances, free hands are at the sides and joined hands are held with elbows bent.

PART 1: WAVES: PROMENADE STEP: This step consists of 3 light, short, running steps, with a slight leap on the first count. Think of it as a "two-step," but done precisely, with a spring and a leap. Teachers may cue it for beginners: Leap, run, run; Leap, run, run.

THE FIGURE: The two lines move towards each other with 2 promenade steps, then back to place with 2 more. Repeat.

NOTE: Walking steps may be substituted for the promenade steps to simplify dance for beginners. Thus the above figure would be done with four walking steps forward and four back.

PART 2: WHIRLPOOLS: Both lines dance towards each other again. Couples 1 and 2 form a right-hand star, with No. 1 man holding hands with No. 2 girl, and No. 2 man with No. 1 girl. Free hands rest at sides. In this position dancers turn clockwise with 4 promenade steps counterclockwise, finishing in original lines.

NOTE: Walking steps may be substituted in this figure also, 8 each way.

PART 3: WAVES: Repeat Part 1.

PART 5: WAVES SWEEP OUT TO SEA: Both lines face front. Dancers join inside hands and with partners, elbows bent. All follow the first couple who "cast-off," by turning to right and dancing down girls' side of the line. When the first couple reaches the spot that the last couple had occupied, they turn right and promenade to their original places, with all couples still following them. At the end of this figure all are once more in starting positions.

PART 4: Repeat Part 2, this time starting with a left-hand star, changing to a right-hand star.

PART 6: WHITECAPS: This is an "under and over" figure. All the No. 1 couples face down the lines, the No. 2 couples face up, all joining inside hands. The No. 1 couples form an arch and dance forward as the No. 2 couples go under the arch. All are now facing new couples. This time the No. 1 couples go under and the No. 2's go over.

Continue in this manner up and down the line, alternating going over and under. When a couple reaches the end of the line, they drop hands and, turning inwards, about-face and re-enter the dance.

If at the foot of the set they re-enter by going under, if at the head, by going over.

This figure is repeated until all are back in original places.

PART 7: WAVES PART: Lead couple now casts off, lady to the right, man to the left, the rest of the line following. Upon reaching the foot of the set, the lead couple forms an arch, and the others, joining inside hands, dance under the arch all the way up. The figure ends with the original lead couple at the foot of the set and the couple that was No. 2, now at the head, becomes the No. 1 couple.

The dance is repeated from the beginning, with each couple now changing numbers. It is necessary to remember that with each repetition the dancers change numbers, but it will always be the No. 1 couples that will start the "over and under" figure by facing down the line and forming arches.

from Michael Herman record.

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THIS RECORD MAY ALSO BE USED for dances such as *Donegal Round*, step-dancing and other Irish dances.