



Rince Fada

This is a progressive Long Dance in Double Jig Time for any number of couples. The dancers form up in two lines- the gents in one line, the ladies in the other-partners facing each other-gents left side to top of room. Couples are numbered off from the top. Each odd couple and the even couple and immediately below them form a set.

A. THE RISING STEP

The lady of each odd (or leading) couple, and the gent of the next couple below, face each other, as do also the gent of the odd couple and the lady of the next couple below.

All dance the "rise and grind", first on the right foot and then on the left.
(4 bars)

B. RIGHT WHEEL

Each set of four join their right hands in the center and dance clockwise with the promenade step to places.

(4 bars)

C. THE RISING STEP

As at A but all commence "'rise and grind" on the left foot.

(4 bars)

D. LEFT WHEEL

As at B but all join left hands in center and dance anticlockwise.

(4 bars)

E. ADVANCE DOWN CENTER

The gents of lead couples take jpartners' right hands in their left while even couples stand in places. Odd couples then advance down the center between the even couples with promenade step (2 bars); release hands and reverse (2bars); take inside hands and advance back to places(2 bars). Odd couples now : " cast off"- gent passes round and takes place below the even gent of his set, while lady passes out and round the corresponding lady, and takes place below her (2 bars).

(8 bars)

F. DANCE AROUND

Odd couples are now below the even couples with whom they are dancing, and from here partners take crossed hands and couples swing around each other anticlockwise and back to these new positions.

(8 bars)