

Rince Mhor (Ireland)

Rince Mhor is a couple mixer dance from Donegal.

Pronunciation:

Music: Reels usually, but jigs could also be used.

Formation: Big circle, W to R of M.

Meas

Pattern

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|----|-----|---|
| A | 1-4 | Sidestep R. |
| | 5-8 | Sidestep L. (The sidestep is a ceili adaptation. The original dance was just dance around CW and then CCW.) |
| AA | 1-2 | R hands around corner. |
| | 3-4 | L hands around ptr. |
| | 5-8 | Repeat meas 1-4. |
| B | 1-8 | Swing corner. |
| BB | 1-8 | Lead around (or House around) CCW with corner, M leaving ptr and moving on to next W. |

VARIANT. ULSTER (every county has one)

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|----|-----|---|
| A | 1-4 | Advance and Retire. |
| | 5-8 | Repeat. |
| AA | 1-8 | Grand R and L, ptr being #1, and swing the 5th or 9th person depending on the speed of the chain or music. Lost people meet in the ctr. |
| B | 1-8 | Swing. |
| BB | 1-8 | Lead around (or House around) and reform circle at end. |