

# Rince Mhor

(Ireland)

Rince Mhor is a couple mixer dance from Donegal.

Pronunciation: RIN-keh MOHR

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

4/4 or 2/4 meter

Cassette: Patrick Street, "All in Good Time" #1125

Formation: Big circle, W to R of M.

Steps: Hornpipe Step: Hop (ct 4); step (ct 1); step (ct 2); step (ct 3).

Sidestep R (7's and 3's—4 meas):

7's: Moving sdwd to R, step on L behind R (ct 1); step on R to R (ct 2); step on L behind R (ct 3); step on R to R (ct 4); step on L behind R (ct 1); step on R to R (ct 2); step on L behind R (ct 3). (counted as 1, 2, 3, 4, 5, 6, 7).

3's: Step on R behind L (ct 1); step on L beside R (ct 2); step on R in place (ct 3); repeat with opp ftwk.

Sidestep L with opp ftwk and direction.

Traveling step: Leap (ct 1); step (ct 2); step (ct 3).

Thumb Hold: Join designated hands with opp, palm to palm, thumbs hooked together, fingers wrapping around base of opp thumb. Turn wrist to bring palm to face own chest. Give weight.

## Meas

## Pattern

- |        |  |
|--------|--|
| 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 AA, meas 1-4.   |
| B 1-8  | Swing corner with thumb hold, supporting ptr's elbow with flat of hand.  |
| BB 1-8 | Lead around in crossed hand skater's pos (or House around) CCW with corner. At end, reform circle and repeat the dance from the beginning. |

Presented by Danny and Joan Hathaway.