

new partner. (8 bars)

4. Body: Full Chain Variation

While the ladies dance on the spot (promenade step), gents dance forward anti-clockwise using promenade step, giving right and left hand alternatively to the ladies they dance past (starting with right hand, it's right left right left). They stay in front of the lady to whom they give the last left hand – which is back at the gent's original position. The ladies repeat this movement, dancing clockwise and starting by giving their right hand to person whose left hand they were last holding. The gents dance on the spot, until the ladies are back in their own original positions. (16 bars)

5. Body: St. Brigid's Cross

Gents: Sidestep into the centre, dance straight out to the position you are facing (one place to the right from the original position) with promenade step, dance 2 bars of promenade step on the spot, still facing out, and then change places with the lady on your left with a sidestep (face out while doing this, face this lady at the end).

Ladies: Dance 2 Promenade steps to the next Lady's position clockwise, dance one seven (sidestep) into the centre, dance 2 promenade steps out to the position you are facing, change places with the gent on your right with one seven (sidestep) (face out while doing this, face this gent at the end).

All: Then, turn the person you are facing $1\frac{1}{4}$ times with the right hand. The ladies dance left hands across in the centre halfway round while the gents dance on to the next position clockwise, turn your partner $1\frac{1}{4}$ times with the right hand in original positions. Keep hold of that hand, everybody face in. (16 bars)

6. Body: Back-to-back Variation

Bars 1 to 4 are as in the Back to back (see e.g. Cross Reel in Ar Rinncide Fionne for reference), but drop all hands on bar 4. Then:

- The top/leading and opposite top/leading gents dance back to their original positions and then dance in place (promenade step).

- The two side gents (leading & opposite sides) (facing each other in the centre) turn each other with the right hand and dance back to their original places (promenade step).

- The ladies turn the lady they are facing in the circle with the right hand once and dance back to their original places (promenade step).

The gents should be back in their places before the ladies. (8 bars)

7. 1st Figure: Telescope:

Everybody turn both hands, sides once round and in their positions, tops $\frac{3}{4}$ round, moving into line with the sides. After the turn the order of couples from left to right, as seen from the judges position, is: Leading Sides, Leading Tops, Opposite Tops, Opposite Sides. The gents of the leading tops and the opposite sides couples have their backs to the judge. (4 bars)

From this position dance the Telescope (see Gates of Derry in Ar Rinncide Fionne for reference) until dancers are back to the positions that they are in at the end of the first four bars, i.e. dance continuous 7s (continuous sidestep) until you are at one end of the line, then do 2 short threes. Dancers always take 2 bars to exchange places

with the couple next to them, alternately passing through the centre or passing on the outside. To start the telescope, the leading tops and leading sides exchange places as do the opposite tops and opposite sides. The leading tops and opposite sides go through the centre first. (16 bars)

Turn your partner with both hands & in a clockwise direction (i.e. turn in direction of left shoulder) back to original positions. (4 bars)

8. Repeat the body (steps 2, 3, 4, 5 & 6 of this notation)

9. 2nd Figure (unnamed)

Leading tops turn once round with the right hand, then dance out between the side couple nearest to their respective original positions (i.e. the lady between the opposite sides couple, the gent between the leading sides couple). They dance towards the opposite tops and dance a figure of 8 around the opposite tops, starting by crossing between them (the lady passes through the gap first both times. Lady dances round the opposite tops lady first and then around the opposite tops gent, the gent dances round the opposite tops gent first and then round the opposite tops lady). They then dance out between the side couple furthest away from their original position (i.e. the lady between the leading sides couple, the gent between the opposite sides couple), dance towards their original position and turn their partner 1 ½ times with the right hand to finish in their original positions. All of the second figure is danced with promenade step. The couples that are danced around/in between stand (i.e. do not dance.) (16 bars)

The figure is then repeated by opposite tops, leading sides and opposite sides.

10. Finish: Ring (see Introduction)