Formation: Quadrille, numbering tops and sides
Music: $8 \times 32$ bar Irish Jig (eg. Sweets of May, Clare Jig, Blackthorn Stick) - played $16+32+16+32+16+32+16+32+16+32+16$

Steps: long 7s \& short 3s, travelling step

## Rings:

8 Circle left -- (7's and 3's to left then back to right)
8 Circle right -- (7's and 3's to right then back to left)
Body:
2 Tops across -- (top couples change sides moving to right)
2 Sides across -- (side couples change while top couples turn lady under)
2 Tops back -- (top couples cross back while sides turn lady under)
2 Sides back
2 Tops advance -- (top couples advance)
2 Sides advance -- (side couples advance as tops retire)
4 Tops advance -- (tops re-advance while sides retire, then tops retire)
4 Ring the Bells -- (on knees clap fast left, right, left, right left. Then slowly clap both hands twice with partner, repeat claps but with corner)
4 Swap -- (7's and 3's swap places with partner)
4 Ring the Bells -- (on knees clap fast left, right, left, right left. Then slowly clap
both hands twice with corner, repeat claps but with partner)
4 Swap back -- (7 s \& 3's swapping places with partner to original position)

## Lead Around:

8 Lead around -- (men on the inside using inside hand hold, dance around set to original place and turn on the spot to face opposite direction)
8 Lead back -- (lead back to place and finish in original places)
32 Body
Swing around:
8 Swing around -- (dance half way round set \& back in Irish swing hold)
8 Swing back -- (reverse swing back to place and finish in original places)

## Body

## Arches:

8
Arch right -- (top couples make an arch and change places with the couple on their right. Then change back again with side couple making the arch)
Arch left -- (same as last 8 bars with the couple on the left)
Body
Thread the Needle:
Lady thread -- (all join hands, except top man and lady on his left. Top man makes an arch with his partner and left lady leads everyone under the arch and anticlockwise around the set and back to place
Man thread -- (top man leads everyone clockwise under the arch of the lady on his left and her partner)
Body
Rings:
8 Circle left -- (7's and 3's to left then back to right)
8 Circle right -- (7's and 3's to right then back to left)
Video: < https://www.youtube.com/watch?v=iR1O3A6hyYw >

