

Car Dán na nGall

DONEGAL ROUND

A delightful Irish progressive mixer of groups of two couples in a large circle.

Record: Folkraft 1425

Formation-

Single circle of couples facing center. Girl on partner's right. Couples are numbered counterclockwise, "One" and "Two".

Starting Position-

Hands joined at shoulder height, elbows bent, Left foot free.

Note: The "Promenade Step", a fundamental step in Irish dances, is a "springy" Two-step danced with a slight lift or hop at the beginning of each Two-step. In the description, the term "Two-step" is used for "Promenade Step".

MEASURES

Music A

I.

1-4 CIRCLE RIGHT WITH THE *SIDE STEP-
("Seven and "Two Threes").

5-8 CIRCLE LEFT WITH THE *SIDE STEP-
("Seven" and "Two Threes").

II.

1-4 TWO-HAND SWING WITH PARTNER.

Partners join both hands at shoulder height, elbows bent, with hands uncrossed, or crossed with right hands joined over left, and swing once around with four Two-steps starting with the Left foot.

5-8 TWO HAND SWING WITH CORNER with four Two-steps.

Music B

III.

1-4 RIGHT ELBOW SWING WITH PARTNER, once around with four Two-steps starting with the Left foot.

5-8 LEFT ELBOW SWING WITH CORNER with four Two-steps, finishing in a double circle with: Girl on partner's right, "Ones" facing "Twos".

IV.

16 meas.

GRAND RIGHT AND LEFT IN COUPLES.

Couples No. 1 face Couples No. 2: "Ones" facing counterclockwise. Partners join inside hands or link inside elbows and with sixteen Two-steps starting with the Left foot, weave around the circle in couples, passing without taking hands, Girls passing right shoulders, Boys passing left shoulders. On last measure, finish in a single circle facing the center with all hands joined and Left foot free, ready to repeat the entire dance.

Repeat entire dance.