

THE FLING
(Ireland)

This Fling is a dance for three people and comes from County Cork, Ireland.

Music: Flings

4/4 meter

Formation: Man and two ladies face forward (CCW) with a lady on each side of the man holding hands shoulder high with elbows bent. (Man holds right hand partner's left hand in his right hand and left hand partner's right hand in his left hand.)

Measures

PATTERN

I. The Fling

All three dance forward and back twice for eight measures:

- 1 All three hop on the left foot four times to the beat of the music with weight on the left foot while simultaneously touching the floor with the right foot (no weight) slightly in front of left foot, out to the right, slightly in front of left foot again, and out to the right again.
- 2 All three step forward right, left, right on the first three beats and (in place) left on the half beat and right on the fourth beat.
(cts 1,2,3,&,4)
- 3 All three hop on the right foot four times to the beat of the music with the weight on the right foot while simultaneously touching the floor with left foot (no weight) slightly in front of the right foot, out to the left, slightly in front of right foot again, and out to the left again.
- 4 All three step backward left, right, left on the first three beats and (in place) right on the half beat and left on the fourth beat.
- 5-8 All three repeat the first four measures.

II. Arches

- 9-16 All three dance sixteen threes (step on right, then left, then right. and alternate fifteen more times) for eight measures, i.e., two threes for each measure of the eight measure phrase (cts 1,&,2,3,&,4). Right hand partner dances under raised held hands of man and left hand partner and dances back to place (man turns counterclockwise and left hand partner turns clockwise); left hand partner dances under the raised held hands of man and right hand partner and dances back to place (man turns clockwise and right hand partner turns counterclockwise). This sequence is repeated two more times, so that each lady in turn dances under man's raised arms three times ending facing forward (CCW).

Dance may be repeated as often as dancers and musicians wish, usually three or four times.

Presented by Larry Lynch
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