

HELG YN DREEAN

A progressive ring dance for as many as will, collected by Mona Douglas.

Said to have been danced formerly by the Wren Boys when the wren was buried by torchlight on St. Stephen's Night. Half the boys would be dressed as women, with one odd 'woman', called the 'Ben-treoghe yn Dreean' (Widow of the Wren), who wandered in and out of the dance, finally spinning round and round with the 'bush'. Later danced by boys and girls as a dance-game in which an odd girl tried to capture a partner at each progression, the one finally left without having to dance with the 'bush'.

♩. = 132

The musical score is written in G major (one sharp) and 6/8 time. It consists of three staves, each with a circled letter (A, B, or C) in the first measure. Above the staves are the corresponding chords for each measure. The tempo is marked as ♩. = 132.

	Music	Movements
A Bars	1-4	Hands joined in a ring, women on right of men, all swing right foot over left and stamp it on the first beat, then continue in running step round clockwise for 6 more beats, checking and turning body to come back on 8th beat.
	5-8	All swing L foot over R and stamp it, then continue in running step round counter-clockwise for 7 more beats.
B Bars	1-4	Women dance 2 reel steps forward to centre, honouring the 'bush' slightly on the second. Simultaneously, men dance 1 reel step backward and 1 forward.
	5-8	Women turn right and dance 1 reel step back towards original places, and a second one turning right again so that they are back in position facing inward, as at the start of the dance. Simultaneously, men dance one reel step forward, honour the 'bush', turn right, and dance one reel step outward, finishing with backs to the centre and facing their partners. In this movement, partners pass each other by the right shoulder.
C Bars	1-4	Reel spin all couples.
	5-8	Men cross their partners handing right, move on to the next women, take her L hand in their right and make one complete turn with her, so that she is in position on their right to start the next round as a new partner.