

BEN REIN Y VOALDYN

A progressive dance for sets of 4 couples danced in longways formation. Collected by Mona Douglas.

♩ = 132

The musical score consists of three systems, each with a treble clef and a key signature of one sharp (F#). The tempo is marked as ♩ = 132. System A has chords: D, G, Em, Bm, G, D, G, D, G, Em, Bm, G, D, G. System B has chords: Bm, Am, G, D, Bm, Am, G, D, G. System C has chords: G, Em, C, Bm, G, Em, C, D, G, Em, C, Em, Bm, G, D, G.

	Music	Movements
A1 Bars	1-8	Lines dance 1 M.r.s. forward, 1 back, balance and spin with partners.
	8-12	Partners spin with R arms around waists and L arms high.
	13-16	Change to swing with L arms around waists and R arms high.
B1 Bars	1-8	1st man and 3rd man dance 4 M.r.s. around 2nd woman and 4th woman respectively who balance and turn twice. Others stand still.
	9-16	Repeat bars 1-8 but with 2nd man and 1st woman and 4th man and 3rd woman.
C1 Bars	1-8	Men face up the line and women face down. All dance 4 side steps to R and swing and 4 side steps to L.
	9-16	Repeat as in bars 1-8 but as partners meet on the return they take R hands to turn into place.
A2 Bars	1-8	1st and 2nd man make an arch and 3rd and 4th man make an arch. 1st and 2nd women go through the top arch and around their partners back to their places in 4 M.r.s. 3rd and 4th women do likewise through the other arch.
	9-16	As in Bars 1-8 except the women form arches and the men dance through and around their partners.
B2 Bars	1-8	1st woman is circled by 1st and 2nd man and 2nd woman who dance 8 running steps clockwise and 8 back, while 1st woman spins opposite to the circle. (Similar to Jem as Nancy.) Bottom couples do likewise.
	9-16	Repeat as in bars 1-8 but with 2nd and 4th women in circles.
C2 Bars	1-16	Repeat as in C1 (i.e. body).
A3 Bars	1-8	All balance and set to partners then balance and turn.
	9-16	Partners join R hands high and men balance while women pivot spin under men's arm.
B3 Bars	1-8	All cast out and down, join hands as they meet and come back up to positions. Danced in M.r.s.
	9-12	1st couple turn to face down and form an arch. 1st couple move down the set allowing 2nd couple to travel under the arch then 3rd couple make an arch for 1st couple to go under, and finally 1st couple make an arch over the 4th couple to finish at the bottom of the set.
	13-16	1st couple now swing in position at bottom of the set. Couples have now progressed, 2nd couple being top of the set, 1st couple now at the bottom.
C3 Bars	1-16	Repeat body as in C1 in progressed positions. The dance begins again and is continued until each couple has danced at the top of the set.