

## YN MHEILLEA

A circular harvest dance for as many couples as will. The Mheillea Queen sits in the centre cradling a babban (straw fashioned and wrapped as an infant) in her arms.

♩. = 132

Yn Mheil-lea, y Mheil-lea, A-reesht, A-reesht, A-reesht

	Music	Movements
A1 Bars	1-8	Couples join hands in a circle and dance 8 slip steps clockwise then 8 slip steps anti-clockwise.
B1 Bars	1-8	All take 3 steps to the centre, forward a double, and same out. Partners loose hands and stand facing each other. Men point with their foot and bring it up to the knee, left first then right. Then they turn clockwise with arms held out at shoulder level. Meanwhile women balance right and left with hands on hips, then turn clockwise with arms held at shoulder level.
A2 Bars	1-8	Partners face each other and pass by the right in reel step to the next partner along and cross hands with them, swing one-and-a-half times around then release hands and return to positions.
B2 Bars	1-8	Repeat as in B1.
A3 Bars	1-8	Partners face each other and arm right in 1 M.r.s., then arm left with next partner for 1 M.r.s. Then arm right for 1 M.r.s. with opposites, pass back and arm left with partners for 1 M.r.s. Finish with hands joined in a ring in original positions.
B3 Bars	1-8	Repeat as in B1.
A4 & B4		Manx Waltz moving clockwise.

The dance is usually continued ad lib. If the dancers wish to continue after the Manx waltz they should rejoin in a ring, balance right and left and do 3 little jumps with right foot crossed over left. This should be done while repeating the last phrase of the music again by singing 'Yn Mheillea! Yn Mheillea! Reesht, reesht, reesht!' indicating to the musician to start again.