

Three-Hand Fling

(Ireland)

Three-Hand Fling is also known as Sinn Fein or the Shamrock Highland. This last name is better associated with a version that has all arches at the end. The dance comes from Tyrone and Fermanagh counties in the northern part of Ireland.

Presented by Danny and Joan Hathaway at the 1991 and 1993 University of the Pacific Folk Dance Camps.

CASSETTES: Portland SIF # 1041 Side B/2; 4/4 meter
"Irish Dances" Hathaway/Bicoastal Band, Stockton Camp 1991 Side B/2; any appropriate hornpipe.

FORMATION: Three people (the tallest in the middle, or M-W-M, or W-M-W) in a circle with hands joined in W-pos at chest level. Circles at random about the room.

STEPS AND STYLING: Traveling Step (one to a meas): Hop (ct 4 of preceding meas); step (ct 1); step (ct 2); step (ct 3) in designated direction.

Hop-Step (two to a meas): Hop (ct 4 of preceding meas); step (ct 1); repeat with opp ftwk (cts 2,3). Give weight (maintain tension) with neighbors throughout. Footwork same for all dancers.

Measures	4/4 meter	PATTERN
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INTRODUCTION. No action.

I. IN AND OUT

- 1 Step fwd twd ctr on L (ct 1); touch R next to L (ct 2); step bkwd on R (ct 3); touch L next to R (ct 4).
2 Step on L behind R (ct 1); step on R to R (ct 2); step on L in front of R (ct 3); touch R next to L (ct 4) (circle moves CCW).
Touches can make sound on the floor (taps). Touches on cts 4 of meas 1 and 2 may be omitted.
3-4 Repeat meas 1-2 with opp ftwk. Circle moves CW on meas 4.
5-8 Repeat meas 1-4. Do not touch L on last ct (meas 8, ct 4).

II. ARCHES; GRAPEVINE

Dance Traveling Step during meas 1-6; begin hop on R (ct 4 of preceding meas).

- 1-2 Ends release hands (keep hands joined with ctr dancer). Ctr dancer raise R hand to form arch with R-hand dancer; L-hand dancer travel under the arch followed by the ctr dancer, R-hand dancer moving fwd CCW.
3-4 Ctr raise L hand to form arch with L-hand dancer; R-hand dancer travel under the arch followed by the ctr dancer, L-hand dancer moving fwd CW.
5-6 Take hands and reform circle. All facing slightly CW, dance two Traveling Steps CW, beg hop on R (ct 4).
7-8 Facing ctr and continuing to move CW, dance four Hop-Steps in grapevine pattern (L to L side, R across behind L, L to L side, R across in front). Hop once more (meas 8, ct 4) as a transition.

DANCE SEQUENCE: Dance pattern as written until music ends.