

HEN LANOFER (Old Llanover) Music: 48-bar Reel

ALEXANDER HAMILTON WESH

Form: Trios facing, a man between two ladies in each trio. Reel step* throughout.

- A1 Circle left; circle right to places.
- A2 Arm** right with right partner; arm left with left partner. Repeat. (2 bars to turn each.)
- B1 Men with inside hands joined with right partner, move forward and link left elbows, raising joined hands to form arches; turn once around to place. The left partner moves forward under the arches once around to place.
- B2 Repeat arching figure, this time men link right elbows and form arch with left partner, right partner passing under the arches.
- A3 Hey of three in own line, begin by passing right shoulders with right partner.
- B3 Lines advance and retire, pass thru, those facing CCW form arches for the others to pass under.

Note: If trios are in a large circle around the room, pass on to a new on-coming trio, the ladies exchanging places after the pass thru with a "right hand up, left lady under" movement. If danced in a set of two trios, pass thru and turn individually to face the other line again, thus placing the ladies in reversed positions.

* Reel Step: A jiggly polka step with feet close to the floor.

** Arming: As in English dancing, link right elbows with partner and turn 8 steps, falling back into place. Also danced with left elbows linked.