



Y Mheillea

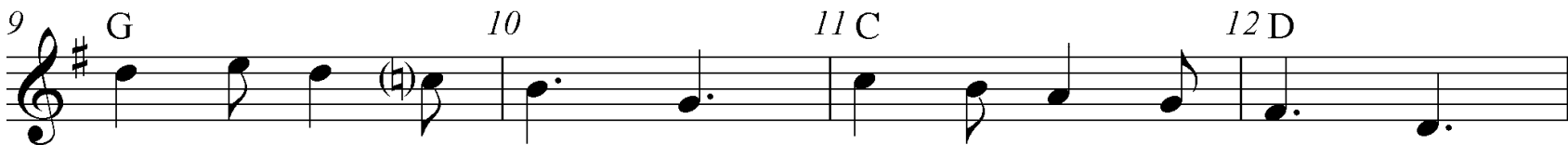
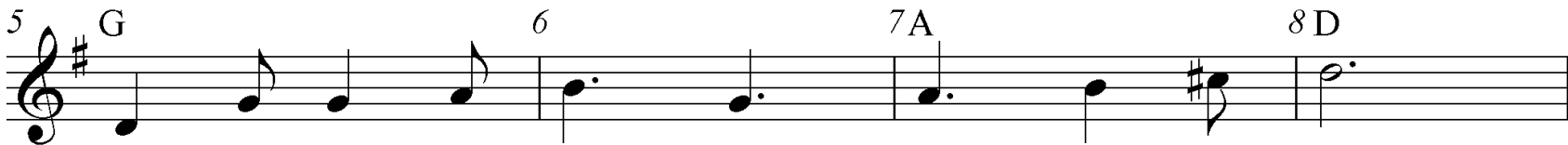
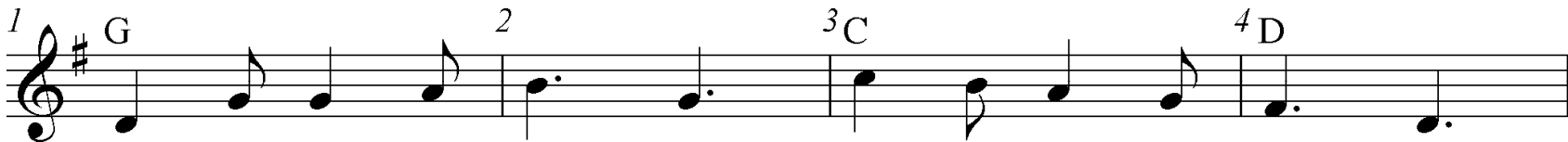
[The Harvest Dance]

Up beat/Anacrusis


Intro



[Y Mheil - lea, y mheil - lea, y reesht, y reesht, y reesht]



- Compound time signature 6/8 - 'jig' with an up beat/anacrusis
- Major tonality
- Dance - Moving to music [see instructions overleaf and steps in Appendix 1].
The whole dance accompaniment is played twice through on CD07.
For a simpler version, repeat the movements of the 1st verse each time.

 An up beat or anacrusis is the note/s that leads up to the stronger first beat of a bar (downbeat)

Y Mheillea

Dance Instructions

<i>Music</i>	<i>Bars</i>	<i>Shortened Version.</i> For steps see p.53. For full version see Rinkaghyn Vannin.
Intro	Intro	Couples join hands in a circle. Wait for Intro...
1 st verse	1-8 9-12 13-16	Dance 8 <i>slip steps</i> clockwise then 8 <i>slip steps</i> anti-clockwise. All take 3 steps to the centre, forward a double [kick], and same out. Partners loose hands and stand facing each other. Boys 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 girls <i>balance</i> right and left with hands on hips, then turn clockwise with arms held at shoulder level.
2 nd	1-8 9-12 13-16	Partners face each other and pass by the right in <i>reel step</i> to the next partner along and cross hands with them, swing one-and-a-half times around then release hands and return to positions. All take 3 steps to the centre, forward a double [kick], and same out. Partners loose hands and stand facing each other. Boys 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 girls <i>balance</i> right and left with hands on hips, then turn clockwise with arms held at shoulder level.
3 rd	1-16	<i>Manx Waltz</i> moving clockwise.
<i>Intro</i> <i>End</i>		Sing 'Y Mheillea, y mheillea, y reesht, y reesht y reesht' [The harvest... again...] Sing 'Y Mheillea... t'eh ayn, t'eh ayn, t'eh ayn. Oi! [The harvest... it's in...]

