

The Rakes of Mallow, Reící Mhala

A 40 bar reel for trio facing trio longways progressive.

Each man has 2 ladies both on his right.

- (8) **Advance & Retire** twice.
- (8) **Man swings opposite lady** in place (with crossed hands).
- (8) **Repeat with lady on the man's Right** (the lady in the middle).
- (8) **Men Uillinn in Uillinn** (Right & then Left) in the center and back to place.
- (8) **Trios 1/2 Around the House** to face a new trio (progression).
One grip is for all 3 to cross their hands and take the hand of the one next to them. Another grip is for all Three to take Right hands above, and Left hands below.