



She that Washes a Monday



Der "She that Washes a Monday", irisch "Is í a nionn í ar an Luan" [ʃi: ʔə ni:ən ʔi: ʔər ʔən luən], deutsch "Sie, die am Montag wäscht", ist ein Progressive Column Dance in Triple Minor Proper Column Formation, mit Free Hold in den Lines und Face-to-Face Configuration, Lady rechts des Gents, für drei Paare. Er wird zur gleichnamigen Slip Jig oder zu beliebigen Slip Jigs im Belfast-Stil getanzt. Der "She that Washes a Monday" besteht aus 10 Bewegungen in 24 Takten.

<i>Slip Jig</i>	<i>10 Movements</i>	<i>24 Takte</i>	<i>Proper Column</i>
Part	Aktiv	Name	Anmerkung
1M [2]	Tops Lines	Cast Off Down Advance	1½ Couples 3M-PNF, FFI, ohne Tops
2M [2]	Tops Lines	Down Through the Lane Retire	1½ Couples 3M-PNF, FFI, ohne Tops
3M [2]	Tops Lines	Cast Off Up Advance	1½ Couples 3M-PNF, FFI, ohne Tops
4M [2]	Tops Lines	Swing Left Retire	XFI, 1 Lap 3M-PNF, FFI, ohne Tops
5M [4]	T ^D +M ^D ² Middles Bottoms	Inverse Figure of Eight Face Face	Triple Clap tJC
6M [4]	T ^D +B ^D ² Middles Bottoms	Inverse Figure of Eight Face Face	tJC Triple Clap
7M [2]	T ^D +M ^D BX, BO	Advance Retire	MX-TX-TO-MO, FI, Up 1 Couple FFC
8M [2]	Tops Middles BX, BO	Pass Through Face Advance	tJC FFC
9M [2]	Tops MX, MO Bottoms	Cast Off & Push Advance Pass Through	1 Couple FFC
10M [2]	T ^D +B ^D MX, MO	Plain Half-Chain Retire	FFC
[x*24]		Double-Down Progression	