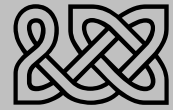


# Strong Maggie



Der "Strong Maggie", irisch "Máiréad Láidir" ['ma:ri:d 'la:djə], deutsch "Starke Grütze", ist ein Progressive Column Dance in Triple Minor Proper Column Formation, mit Free Hold und Face-to-Face Configuration, Lady rechts des Gents, für drei Paare. Er wird zur gleichnamigen Polka oder zu beliebigen Reels im Belfast-Stil getanzt. "Strong Maggie" besteht aus 17 Bewegungen in 64 Takten.

Reel	17 Movements	64 Takte	Proper Column
Part	Aktiv	Name	Anmerkung
1M [2]	Partners	Face	
2M [2]	Tops	Cast Off Down & Push	1 Couple
	Middles	Up Through the Lane & Push	
	Bottoms	Face	
3M [2]	Partners	Face	
4M [2]	Tops	Cast Off Down & Push	1 Couple
	Bottoms	Up Through the Lane & Push	
	Middles	Face	
5M [2]	TX+BX/MX <sup>2</sup>	Cast Right & Lead Up	
	TO+BO/MO <sup>2</sup>	Cast Left & Lead Up	
6M [4]	TD+BD/MD <sup>2</sup>	Lead Down the Set	
7M [2]	TD, BD	Cast Off Up & Push	1 Couple
	Middles	Down Through the Lane & Push	2 Couples
8M [4]	Tops	Down Through the Lane & Cast Off	1 Couple
	Middles	Cast Off Up & Through the Lane	1 Couple
	Bottoms	Face	SG
9M [4]	Partners	Swing Left	XH, 1 Lap
10M [4]	Tops	Up Through the Lane & Cast Off	1 Couple
	Bottoms	Cast Off Down & Through the Lane	1 Couple
	Middles	Face	SG
11M [4]	Partners	Swing Right	XH, 1 Lap
12M [4]	TX, MO	Advance & Retire	FFC
	TO, BX	↓	FFC
	MX+BO	Face	SG
13M [4]	Each	Spin Right	1 Lap
14M [4]	TX, BO	Advance & Retire	FFC
	TO, MX	↓	FFC
	BX+MO	Face	SG
15M [4]	Each	Spin Left	1 Lap
16M [8]	TX+BD <sup>2</sup>	Hey of Three	BX-TX-BO
	TO+MD <sup>2</sup>	↓	MO-TO-MX
17M [8]	TX+MD <sup>2</sup>	Inverse Hey of Three	MX-TX-MO
	TO+BD <sup>2</sup>	↓	BO-TO-BX
[X*64]		Major-Set Progression	Down