

WRTH FYND EFO DEIO I DYWYN
With Deio to Towyn

Little has been generally known about Welsh traditional dances, as only about forty-five to fifty years ago was a conscious effort made in Wales to search out these old forms and preserve them. Steps, remnants of patterns and a few dances, have up to date been revived and accepted as definitely Welsh. The two following dances are made up of authentic Welsh dance steps and hands positions with the patterns being reconstructed by Welsh leaders.

MUSIC: Record: H.M.V. - B 9893 (The Lambs' Fold on reverse side)

FORMATION: Four cpls in a square set. Each cpl stands in a corner of the square facing CCW. Hands joined in skater pos, elbows in.

STEPS: Running step, a gliding, smooth, quick run done on the ball of the ft in no sense rangy or jumpy.

Llanover step - "run, run, run, hop" - steps have an even count as in schottische rhythm. Steps are all taken on the ball of the foot with each step about eight inches in front of the other ft. Ft are lifted only a few inches from the floor, even on the hop.

Welsh folk dances were performed in kitchens where space was limited, so movements are small, gliding, quick and distinct, elbows kept in, and free hands down at the sides.

MUSIC: 2/4

Measures

Pattern

- | | |
|--------|---|
| | I. Running and Turning |
| 1-4 | Starting R ft. run 8 steps CCW to next corner of square, turn in place to the R. with 8 running steps, finish facing the next corner |
| Repeat | of square. Repeat the runs to the next corner and turn L in place, finish facing ptr diag. to corner. (ML side, WR side twd ctr of square). Hands are at sides. |
| | II. Step, Hops and Cross Over |
| 5-12 | Both step, hop on R, L, R, L. Cross over to ptr's place passing R shoulders, 4 running steps. Facing ptr. clap and stamp in place. R, L, R. - hold last count. |
| | Starting L ft. repeat this action of Fig II. returning to own place, again passing R shoulders and finish facing ctr for stamps and claps. |
| | III. Go to Opposite Corners. |
| 1-4 | M take 1 Llanover step to ctr starting R ft; step L (ct 1 and) close R to L with stamp and clap (ct 2 and). M join hands in |
| Repeat | circle and run 8 steps to L finish in opp corner. of square. |

III. (continued)

(The one from which they originally started). W in the meantime take step R, close L with stamp and clap (cts 1 and 2 and) repeating L, R, .L.

W repeat action of M in Fig III, rejoining their ptrs while M stamp and clap.

IV. Circle and Weave

5-12

All join hands in circle and run 8 steps to L and 8 to R. Face own ptr and all follow path of grand R and L without joining hands. That is weaving for 16 running steps and meeting own ptr in opp corner of square.

Repeat entire dance, which brings ptrs back to original starting corner of square.