

Welsh Folk Dance

Cylch Y Cymru (Welsh Council)

Formation: Large circle men with their partners on their right facing partners.

Music: Any 32 bar jig.

Shake right hands 4 times.

Shake left hands 4 times.

Clap own hands together 4 times.

Clap both partners hands 4 times.

Slip to the centre 4 steps and back.

Slip to the centre 4 steps and back.

Arm right with your partner twice around.

Arm left with the person behind (new partner) once around.

End in a double circle men on the inside ladies on the outside facing anticlockwise and promenade.

Men pull new partners in front of them to start the dance again.

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