

Welsh Folk Dance

Ffaniglen

Formation: large double circle of couples facing anti-clockwise, man on the inside of the circle, lady on his right

Music : Any polka or medley of set tunes.

(Click [here](#) for a sample from our CD, Track 20 – 'Ffani Glen' medley)

4 counts to each bar of the music

A : 1 Holding inside hands, step / set away from partner, step / set towards partner

2 Walk four steps forward, turning to face clockwise on the last step

3-4 Repeat, turning to face partner on the last step

5-6 Arm right with partner

7-8 Arm left with partner

B : 1-2 Face partner and clap:

own hands together, then partner's right

own hands together, then partner's left

own hands together, cross own hands on chest

own hands together, both hands with partner

3-4 Repeat this clapping, but clap partner's left hand first, then partner's right

[Experienced dancers can try double clapping/double speed!]