

Cylch y Cymry

BACKGROUND:

A Welsh folk dance composed in 1958 to welcome visitors to the European games in Wales.

FORM:

A circle with any amount of couples. Girls to stand on the right hand side of the boys.

1

Stand in a circle and face your partner, and shake each other's right hand 4 times, then the left hand 4 times.

Clap your own hands 4 times and then clap your partners hands 4 times.

2

Partners hold both hands and gallop to the middle of the circle for 4 beats and then back for 4 beats. Repeat.

3

Boys, link right arms with partners and turn once. Then, link arms with the girl on the left and turn once.

4

Promenade. Everyone walks or skips anti-clockwise in a circle with the girls on the outside. Re-form the circle at the end of the music.

Restart the dance with a different partner; the girl on the boy's right hand side.



Step 1



Step 2



Step 3

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Greeting with a handshake

SKILL 1



Standing two arm's length away from each other, partners face each other and grab each other's right hands first, and shake 4 times. the same happens with the left hand.

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Clap

SKILL 2



Two hands clap in front of the face. The fingers of the right hand should hit the palm of the left hand, keeping the fingers strong, together, and straight. Clap 4 times. Partners to face each other and clap each other's hands - right on left and left on right. Fingers on fingers and palms on palms. This happens again 4 times.

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Gallop

SKILL 3



The same sort of movement as a slide, only more energetic. partners could hold two hands, or hold a classic waltz stance, where partners would face each other fairly closely and the boys would extend their left hand out and hold onto the girl's right hand. The girl's left hand would be on the boy's shoulder, and the boy's right hand would be around the middle of the girl's back, holding her up. Move towards the middle of the circle, 4 beats inwards and 4 outwards.

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Join arms

SKILL 4



Partners face each other and hold on to each other's elbows - right to right. Walk by leaning out slightly. Walk clockwise in a circle; 8 steps to make a full circle. Keep the arms and shoulders strong, and the head up and looking at the partner. Repeat this, but with the left arms. This movement can be completed by walking, or skipping.

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Promenade

SKILL 5



Partners go for a walk together in a circle, anti-clockwise – the girl on the boy's right hand side. The partner's hold can be done in one of two ways. Firstly, stand side by side facing the direction of travel, with the boy's right hand in the girl's right, and the boy's left hand in the girl's left hand. The above left image. Secondly, standing side by side facing the direction of travel, with the boy's right arm extended over the girl's shoulder to hold her right hand, and the boy's left hand holding her left hand. The left arms are held up, and the girl should not lean on the boy.