

Ffanssi Ffarmwr

FORM:

A circle with any amount of couples.

MUSIC:

Any 32 jig (I.E. Nant-y-Glyn)

The boys have their backs to the middle, facing their partners.

1

Right hand turn with partner.
Left hand turn with partner.

2

Two-Handed turn with partner. Back to Back with partner.

3

Spin with partner

4

Promenade with partner, moving anti-clockwise. The boys move forward to the girl in front of them on the final 4 beats of music



Step 1



Step 2



Step 4

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Right hand turn and left hand turn

SKILL 1



Standing two arm's length away from each other, partners face each other and either walk or skip clockwise back to their original positions. It takes 8 beats to do this. Repeat with the left arm while moving anti-clockwise.

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Two-handed turn

SKILL 2



Without letting go of the left hand from the previous movement, grab the partner's right hand and perform a two-handed turn moving clockwise for 8 counts back to the original positions.

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Cefn wrth gefn

SKILL 3



Partners face each other. Walk past each other's right shoulders, around each other back to back, and (walking backwards) return to their original positions. Must face the same direction throughout the whole sequence.

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Spin

SKILL 4



Face partner and hold hands; right to right and left to left. Skip in a circle with your partner, clockwise, moving from the front of the set to the back of the set.

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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.