

Jac y Do

FORM:

A long unit for 5 couples. Partners to face each other.

1

Holding hands, in lines and facing partners, everyone takes 4 steps forwards and 4 steps backwards.

Everyone walks forwards for 8 beats and swap places with their partners by passing the right shoulder.

2

Repeat step 1 and return to original positions.

3

Couple 1 slides to the back of the unit for 8 steps and back for 8 steps.

4

Couple 1 spins out to the back of the unit, and everyone follows while keeping in their lines.

Couple 1 forms a bridge and the partners dance under the bridge travelling back to their original places, having all moved up one position.

Repeat the dance with Couple 2 in the original position of Couple 1, and Couple 1 in the original position of Couple 5. Continue this until the Couples are back in their original positions.



Step 1



Step 3



Step 4

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Walking to a beat

SKILL 1



Walking on the toes, with the ball of the foot hitting the floor before the heel, every step should coincide with the beats of the music. The step should be started on the right leg.

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Slide

SKILL 2



Step to travel towards the back. Could be moved in a line or a circle, to the right or the left. In this dance, the boys move to the right and the girls move to left. Lead with the foot and bring the other to its side. One step per beat.

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Bridge formation

SKILL 3



One armed bridge



Two armed bridge

A bridge could be formed with one arm or two. When forming a one-armed bridge, the boy and the girl will face the same way and hold their inside hands, but when forming a two-armed bridge, then they will face each other and hold both hands.

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Crossing

SKILL 4



Newid lle gan basio ysgwydd
dde mewn 8 curiad

Switch places, passing the right shoulder in 8 beats. 4 steps to change places and 4 steps to turn over the right shoulder to face the partner. Can be skipped or walked. Lead with the foot and bring the other to its side. One step per beat.

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Casting

SKILL 5



Partners face the front and turn away from each other leading to the bottom of the unit.