

# Welsh Folk Dance

## "Rali'r Ddau Gardi"

*Rally of the Two "Cardis" [people from Cardigan]*

**Music:** - 32 bar reels

(Click [here](#) for a sample from our CD - Track 1).

Dance for pairs - as many as will. No set formation. A simple "fun" dance which looks very effective.

**Each section is 8 bars in length.**

1 - Lady skips 16 steps anywhere in room, with man following behind [Hands behind back].

2 - Set to each other - **right** first [1-2-3], left [1-2-3], then change places. Repeat this move.

3 - Girl turns back on partner and "gipsy's" [skips] anywhere in room - 16 steps in all.

4 - Man follows, catches up, then spins with partner.

**Variation 1** - after a few times through the dance, man goes first, girl follows.

**Variation 2** - Couple find different partners whilst carrying out 3rd. movement.

**Variation 3** - Find own partner for last time through dance.

*Back to the **Folk Dances** page - [here](#)*

*Back to the **Pluck & Squeeze Band CD** page - [here](#)*