

Welsh Folk Dance

Rhwng Ddwy

[Between Two]

Formation : Large circle for sets of one man with a lady on either side, facing anti-clockwise around the dance-floor.

Music : Medley of 32-bar reels

(Click [here](#) for a sample from our CD, Track 14 – ‘Gelynnen’ medley)

A1 Man takes both hands with right-hand lady and gallops 8 steps anti-clockwise, then back to place.

A2 Repeat with left-hand lady.

B1 Man arms right with right-hand lady twice round [8 steps]

Man then arms left with left-hand lady twice round [8 steps]

B2 All three dance a figure of eight, right shoulder first [16 steps]

Men move forward to the next two ladies to start the dance again.

[Men can bid ladies goodbye with a kiss on each cheek !]

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