

# Y Delyn Newydd

## FORM:

A long unit for 4 or 5 couples. Partners to face Each other.

You can have a lot of fun with this dance, Through imitation different characters as You move around (I.E. Fairies, animals etc)



Step 1

1

Girls to join hands. Girl 1 leads the girls around the boys, and back to their original positions.

2

Boys to repeat this by dancing around the girls, back to their original positions.

3

In a promenade stance, Couple 1 leads the other couples around, anti-clockwise, and back to the original positions.

4

Couple 1 crosses arms and spins to the bottom of the unit, ending in the last position.

Restart the dance with a new Couple 1.



Step 2



Step 3

# Y Delyn Newydd

Join hands

**SKILL 1**



Girls to stand in a row and face each other, and hold each other's hands (left to right, and right to left), and extending their arms to create a space (of around two arms' length)

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## Skipping to a beat

## SKILL 2



**Skip on the toes. A skip is a step and small hop on one foot, repeated on the other. It should always be performed on the right leg first. Ensure that the knees don't come up too much. One skip step on one foot corresponds to one beat in the music.**

# Y Delyn Newydd

Forming and re-forming straight lines

**SKILL 3**



In straight lines, stand side-by-side and face partners. The steps should be the same size in order to keep the straight lines upon moving forwards and backwards. Keep an eye on the person next to you to keep the lines straight.

# Y Delyn Newydd

Leading around

**SKILL 4**



Girl 1 moves around the boys



**Girl 1 moves around the boys and back to her original position, and the other girls follow her back to their original positions. It takes 8 counts to move behind the boys, and 8 counts to return to the original positions; this is the same for the boys too.**

# Y Delyn Newydd

Spin

**SKILL 5**



**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.**