

HEN LANOFER
("Old Llanover")

Hen Lanofer is a *twmpath* version of one of the best-known Welsh dances, the Llanover Welsh Reel. The *twmpath* is the Welsh equivalent of a barn dance originally held in the open air on the village green. Many of the traditional dances now have *twmpath* versions, which are simpler and more suitable for general performance. The notation is by Mae Fraley.

RECORD: *Welsh Dances*. side 1, band 5. Produced by Nate Gerber and Gene Baron. Available from Mrs. Anne Cowie, 102 Longwood Rd., Baltimore, MD 21210.

FORMATION: Three facing three (man between two ladies) round the room; progressive.

STEP: Welsh Reel Step throughout (polka step, starting R)

PATTERN

MEASURES:

- A1 Circle left and right, hands joined (eight bars).
- A2 Arm right with lady on right, left with lady on left. Repeat (eight bars).
- B1 Men link left elbows in the center, taking right-hand lady's left hand in their right to form an arch. All wheel round counter-clockwise to places while the other ladies move clockwise, under the arches (eight bars).
- B2 Repeat this movement in the reverse direction, men linking right elbows (eight bars).
- A3 Heys for three, men giving right shoulder to the right-hand lady (eight bars).
- B3 Lines advance, retire and pass on to the next three (eight bars).