

Welsh Folk Dance

'n FFODUS 'n SAITH
Lucky Seven

Formation: Large circle men with partners on their right.

Music: 32 bar jig or hornpipe.

(Click [here](#) for a sample from our CD, track 6)

All circle left 16 steps

All into the middle and back 4 steps

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Grand chain (Face partner give right hand and pass – left to the next – right to the next etc) until you meet the seventh person.

Join the seventh person

Start the dance again

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