



Cyngor Celfyddydau Cymru
Arts Council of Wales



20 Days of
LLANDRINDANCE!

DAWNS POWYS DANCE

Canolfan Dawns / The Dance Centre
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Llandrindod / Llandrindod Wells
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W www.dawnspowysdance.org
Registered Charity Number 1161515

Dear Sir/ Madam,

During the months of April and May the people of Llandrindod Wells will have an extra spring in their step as we at Powys Dance, launch a project to get the whole town dancing.

Called Llandrindance! the project will include dance afternoons for families to dance together, a celebration of dance called 'May We (Llandrin)dance?' at Powys Dance's hub, the Dance Centre on 15th May and a social media campaign, '20 Days of Llandrindance!'

The whole community is invited to take part via 20 Days of Llandrindance! We are encouraging organisations and individuals to submit a video of themselves dancing, whether it's a 20 second dance in your work place with your colleagues or a choreographed routine between you and your friends to your favourite tune, we want you to get dancing, whatever it may be! We have also created a short dance routine called, 'The Llandrindance!' which is available for people to learn and submit their version of as another option to get involved, simply search for 'The Llandrindance!' on YouTube to learn it and see a breakdown of all the moves! We will then show a video a day starting on May 1st – May 20th creating 20 days of Llandrindance! show casing the many amazing people, organisations and businesses Llandrindod has to offer!

Check our website and social media for more updates regarding this project, and don't hesitate to call us for any questions you may have, just make sure you get your videos to us by the end of April to be part of this fun community project!

Diolch Yn Fawr,



Jemma Louise Thomas
Dance Development Practitioner

20 days of
LLANDRINDANCE!

CELEBRATING DANCE, LLANDRINDOD AND THE PEOPLE THAT MAKE IT GREAT.

**WE WILL BE DANCING FOR 20 DAYS STARTING MAY 1ST - MAY 20TH 2016 AND WE WANT YOU/
YOUR ORGANISATION OR CLUB TO GET INVOLVED!**

WHETHER ITS A DANCE AT YOUR DESK WITH YOUR WORK COLLEAGUES OR A BOOGIE IN YOUR KITCHEN
WITH YOUR TODDLER, WE'D LOVE TO CAPTURE A DANCING LLANDRINDOD. ALL YOU NEED IS SOMEWAY TO
RECORD YOUR DANCE AND SEND IT TO US AT POWYS DANCE!

HERE'S WHAT YOU DO....

OPTION 1

USE YOUR PHONE, CAMERA, VIDEO CAMERA AND RECORD YOU, OR YOUR GROUP DANCING TO YOUR CHOSEN
SONG, IN YOUR CHOSEN STYLE, IT CAN BE ANYTHING FROM 20 SECONDS OF FREESTYLING TO A 5 MINUTE
DANCE EPIC! THEN SEND IT ON TO US AT LLANDRINDANCE@DAWNSPOWYS DANCE.ORG

OPTION 2

USE YOUR PHONE, CAMERA, VIDEO CAMERA, RECORD YOU OR YOUR GROUP DOING 'THE LLANDRINDANCE' AND
SEND IT TO US AT LLANDRINDANCE@DAWNSPOWYS DANCE.ORG

**SIMPLY SEARCH 'THE LLANDRINDANCE!' ON YOUTUBE TO FIND AND LEARN THE ROUTINE OR
ALTERNATIVELY REQUEST A TUTORIAL DVD FROM US USING THE CONTACT INFORMATION BELOW.**

SEND YOUR VIDEOS IN BY THE END OF APRIL TO CREATE 20 DAYS OF DANCE.

IF YOU HAVE ANY PROBLEMS GETTING YOUR VIDEO TO US, LET US KNOW AND WE CAN HELP YOU
UPLOAD IT!

T 01597824370

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W WWW.DAWNSPOWYS DANCE.ORG

f /DAWNSPOWYS DANCE



20 diwrnod o

LLANDRINDANCE!

DATHLU DAWNS, LLANDRINDOD A'R BOBL SY'N EI GWNEUD YN WYCH!

BYDDWN YN DAWNSIO AM 20 DIWRNOD YN DECHRAU 1 MAI - 20 MAI 2016 AC RYDYMEISIAU I CHI/EICH SEFYDLIAD NEU GLWB I GYMRYD RHAN!

P'UN AI'N DDAWNS WRTH EICH DESG GYDA'CH CYDWEITHIWR NEU BOOGIE YN EICH CEGIN GYDA'CH PLANT, BYDDEM WRTH EIN MODD YN CRYNHOI LLANDRINDOD YN DAWNSIO. Y CYFAN SYDD ANGEN I CHI WNEUD YW RECORDIO EICH DAWNS A'I HANFON ATOM YN DAWNS POWYS!

DYMA BETH I'W WNEUD

DEWIS 1

GAN DDEFNYDDIO EICH FFÔN, CAMERA, CAMERA FIDEO, RECORDIWCH CHI'CH NEU'CH GRŴP YN DAWNSIO I GÂN O'CH DEWIS, YN YR ARDDULL O'CH DEWIS (EFALLAI'R DDAWNS GEGIN A WNEWCH I'CH HOFF GÂN!) YNA'I ANFON ATOM YN LLANDRINDANCE@DAWNSPOWYS DANCE.ORG.

DEWIS 2

GAN DDEFNYDDIO EICH FFÔN, CAMERA, CAMERA FIDEO, RECORDIWCH CHI'CH HUNAN NEU'CH GRŴP YN GWNEUD Y 'LLANDRINDANCE' A'I ANFON ATOM YN LLANDRINDANCE@DAWNSPOWYS DANCE.ORG

ANFONWCH EICH FIDEOS ERBYN Y DIWEDD EBRILL I GREU 20 DIWRNOD O DDAWNS

I GAEL MWY O WYBODAETH AR DDIGWYDDIADAU LLANDRINDDAWNS! A GYNHELIR DRWY GYDOL MIS EBRILL A MIS MAI, DEFNYDDIWCH YR WYBODAETH ISLAW I GYSYLLTU Â NI.

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THE MOVES

HERE IS A BREAK DOWN OF 'THE LLANDRINDANCE!' MOVES FOR EXTRA HELP!

STEP 1:
The Introduction

Starting on the ground, rise up slowly for 4 beats, R arm goes up and out, followed by L arm up and out. Take R leg over L and turn all the way around, bringing your arms slowly down as you do.

STEP 2:
Claps and Marches

Clap anywhere for 8 beats, then change to somewhere new for a further 8 claps. March on the spot for 8 beats, then around in a circle, clockwise, for 8 beats.

STEP 3:
Jumps

Jump R, jump L then hold, then repeat

STEP 4:
Box Step

Box step, stepping forwards forwards, back back, starting on your R, do this once with no arms, then second time through push out with the arms, same arm same leg.

STEP 5:
Travel Turns

Travel a turn over to the r and clap, then travel turn it back, this time with nice wide windmill arms.

STEP 6:
Arms

R arm out, L arm out, R arm up, L arm up, then shake both arms down to your sides.

FREESTYLE FOR 16 BEATS!

STEP 7:
Partner

March to face a partner for 4 beats, then tap your legs for 1, clap your hands for 1, then 2 taps with your partner. Open out to the front, nice and wide with your arms and then in, then turn away from your partner back to where you were stood.

STEP 8:
Crosses and Claps

Cross R leg over L leg with a bit of a scoop, come back in and clap, then repeat going L leg over R leg, again with a bit of a scoop and clap.

STEP 9:
Arms

Repeat arms from before, R arm out, L arm out, R arm up, L arm up, then shake both arms down to your sides.

STEP 10:
Ending position

Anything you like to finish with, perhaps make a shape with your partner!

If you want to download the song for free to learn 'The Llandrindance!' just type in the link below and search for...

'There ain't no other way' by Jingle Punks

<https://www.youtube.com/audiolibrary/music>

#LLANDRINDANCE!



Group/ Organisation Information

Name of Organisation

Name of main contact

Contact Number

Email

Information about your group/ organisation – *please note information here will be shared with your video on our website and social media.*

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Website or links to social media for further information of your group

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Signed

Date.....

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Please send this onto us at Powys Dance using the address provided, failure to do so may result in your video not being used.

Diolch Yn Fawr

