

ACH JA
(German)

Formation: Double circle of partners, girls on outside of ring, all facing counterclockwise, girls with left hand hooked in boy's right elbow.

Music: Record MH1110 Folk Dance

Song:

When my father and my mother take
A journey to the Fair
Ach Ja (pause) Ach Ja (pause)

All promenade around the ring on the verse. Turn and bow simply to partner. On the second "Ja", turn back on partner and bow away from partner, rather slowly. Hook hand in elbow and promenade again.

Though they haven't any money
They're as rich as any there
Ach Ja (pause) Ach Ja (pause)

Repeat the bows as before

Tra la la, tra la la,
Tra la la la la la la
Tra la la, tra la la,
Tra la la la la la la
Ach Ja (pause) Ach Ja (pause)

Take partner by both hands, face and slide to boy's left two slow slides and three quick ones. Repeat in opposite direction. Repeat the bows, and boys step up to next girl ahead to repeat the dance.

Swiss Dance

ALEWANDER
(Nidwalden)

As learned by Jane Farwell at the 14th Annual Folk Dance Camp in Canton Bern, Switzerland.

RECORD: MH 1112 - Folk Dancer

FORMATION: A circle dance for 8 couples, beginning with all hands joined in a single circle. When hands are free fists are on hip.

ACTION: I. CIRCLE

Meas. 1-8 Walk 15 steps left in circle - on the 16th count, bring feet together with a stamp. (Girls do not stamp. They close feet together.) The man might do a little "Bodele" with his feet.

Meas. 1-8 (Repeat) Repeat in opposite direction. Drop hands at the end.

II. THE GIRLS SHOW OFF

Meas. 9-16 The girls, starting in front of the boy on the right, weave in and out going once clear around the ring, taking four steps to pass in front of a boy, and exactly 4 steps to pass behind the next one, remembering that it might be an "attractive" young man you're passing by.