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ACHTTOURIGER MIT WALTER (Eight Tour with Waltz)
RONDO RECORD RFD 9A

German Folk Dance Publ. in "Dance Lightly" by Gretel and Paul Dunsing
4754 No. Ashland Ave., Chicago 40, Ill.

This quadrille with its graceful rhythm and its richness of form is typical of the many group dances of North Germany.

Formation: 4 couples in a square

Introduction: Meas. 1-8 Bow to your partner, bow to the corner, join hands in a circle.

A. Meas. 1-8 (with repetition) Circle to the left and right with waltz steps.

B. Meas. 9-16 Pass through. Waltz back to place. Head couples beginning on outside feet - waltz through each other men passing on the outside and women on the inside (Meas. 9-10). Then the women swing half around to face their partners. (meas 11-12) in regular dance hold both waltz toward their own places, and with one waltz turn return to places (Meas. 13-16)
9-16 (repetition) Side couples the same.

C. Meas. 17-24 Elbow swing in line. Head couples take open hip-shoulder hold, stamp left and run toward the center. (Meas. 17) where the men hook left elbows and all continue the running swing forward around (Meas. 18-19) break the forward movement (Meas 20) but not the hold, now swing backward around (Meas. 21-23) and run backward to places (Meas. 24)
17-24 (rep) Side couples the same.

D. Meas. 25-32 (with repetition) Round Waltz of all four couples
Progression in circle: Counter clockwise, cover $\frac{1}{4}$ of the circle per 4 measures.
Turn of couples: Clockwise, two turns per 4 measures.
Step: Old fashioned German Waltz step essentially step-close-step pivoting on both feet on a very small space.
Suggested but optional end: during the last two measures of the repetition the woman with the man's assist bounces off the floor, and while she is in the air, the man pivots just enough so that both are in their places as she comes down. Sincer there is no retard in the music and since the dance goes on, perfect timing although difficult is essential.

ACHTTOURIGER MIT WALTZER Cont'd

2nd Tour

A. Meas. 1-8 (with rep.) Women's Round All four women dance by themselves inside around the circle past each of the men and back to their places. They turn constantly with hands on hips much as explained under D. Men clap hands.

B to D Same as 1st Tour

END CIRCLE

Meas. 1-8 (with rep.) Circle to left and right as in the beginning. During the last two measures of the repetition bow to your partners.

GEESTLANDER WALZER (Geestlaender Waltz)
RONDO RECORD RFD 9B

German Folk Dance published in German Folk Dances Vol. I by Paul Dunsing
4754 No. Ashland Ave., Chicago 40, Illinois

Formation: Couples in a circle, men on the inside, women on the outside, inside hands joined, outside hands on hips.

This is a description of the man's movements. Women start on opposite feet.

Meas. 1 Step left forward on first beat and draw right foot to the left on third beat.
Meas. 2 Step left forward, arms swing forward.
Meas. 3 Point right foot forward
Meas. 4 Drop joined hands with pivot on left foot (toward Partner) swing right foot through (facing now in opposite direction), and joined the other hands.
Meas. 5-8 As measures 1-4 but in opposite directions and beginning right ending facing each other with both hands joined.
Meas. 9 Step left sideward
Meas. 10 Cross right over left, pointing right foot.
Meas. 11 Step right sideward.
Meas. 12 Cross left over right, pointing left foot
Meas. 13-16 Then both dance Waltz together with regular hold, turning clockwise (Use old fashioned German Waltz)

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DANCE LIGHTLY

GERMAN M 114

This was a favorite of German youth during the height of the German Youth Movement in the 1920's. It was also favored by Chicago folk dance groups and finally its title became the title of the little folk dance volume DANCE LIGHTLY

Formation: Couples in a large circle, all hands joined.

Action: Vers 1: 4 hopsteps beginning left - free leg swings lightly across then step left on next measure, close in right with left on toes and down on the following measure; repeat the side step and the lift for the last two down on the following measure; repeat the side step and the lift for the last two measures. Then reversed to the right.

PAUL AND GRETEL DUNSING-German Weekend-Miami Valley Folk Dancers
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