

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.

ALEXANDER (cont)

At the same time, the boys start walking 4 steps back out of the circle - then four steps straight in, 4 out, and 4 in, and so on as the girls pass by - remembering that each girl passing by has "something". The girl will finish just back of her own partner.

III. COUPLES TURN IN PLACE

Meas. 17-24 (Hands crossed behind back) Couples turn counter-clockwise, leaning a little away from each other, taking 15 fast walking steps in place. On the 16th step, close feet together and the boy stamps.

Repeat music - Repeat in the opposite direction. At the end let loose of hands and all face the center in one big circle.

IV. Repeat the circling left and right (ordinarily the dance is done with only the girls doing the "showing off" - but on special occasions (Kussnacht) the boys make the circle also.)

V. Repeat the second part with the boys moving in front of the next girl to the right, the girls moving out and in. (as in II)

VI. Repeat III.

VII. GALOPP

Meas. 1-8 1/4 sliding steps to left in circle - all hands joined - on count 15 spring into the air, and 16 come down on both feet.

MUSIC REPEATED - Do the same in opposite direction.

BAVARIAN OX DANCE
(A Game)

MUSIC: Any polka time that begins slow, and increases in speed.

Get a circle of six to 8 men against another circle, or against a circle of competing girls. Have them hook elbow, or lock hands and then begin to practice this step:

Hop on left foot once
on right foot twice
on left foot three times

Continue, next time starting with right foot, and so on alternating, increasing speed until someone gets confused and drops out - then keep right on going to find the winners.