

# Baonopstecker

(The Netherlands)

Origin: A dance from the Achterhoek-region that used to be danced at the beginning of each celebration. Since it is easily mastered, it is very useful to stimulate people to join the dance-circle.

The way it is described below, is the most rudimentary form of the dance. Later on fancy touches, like various arm-positions, were added.

Meter: 12/8  
Introduction: 2 measures

Starting position: Circle, V-position. Sometimes danced as a circle of couples, all facing center, man hands in the waist, woman "hooking in" as in Serbian dances.

Meas	Ct	Steps
1-2		Make 8 steps CW. Start L, (take 3/8 meas for each step)
3-4		Make 8 steps CCW.
5		Make 4 steps into the center
6		Make 4 steps backwards
7-8		Repeat ms 5+6
9		"Pannekoek!" Make 4 skipping steps, forming a "Pancake-circle," with the arrow side towards the music.
10		Make 4 skipping steps, back into the original circle.
11		Repeat ms 9 and 10, now forming a Pannekoek, square to the music.
13	1	Hop on R ft. Place L heel towards center of circle
	4	Jump on L
	7+10	Repeat ct 1+4, opposite footwork
14		Repeat measure 13
15+16		Make 8 gallop steps (See "Vleegert"), starting L