

## BAONOPSTECKER

Origin: A dance from the Achterhoek-region, that used to be danced at the beginning of each celebration. Since it is easely 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 centre, man hands in the waist, woman "hooking in" as in Serbian dances.

Ms	Ct	Dir	Steps
1-2		↶	Make 8 steps CW. Start L, take ♩ for each step
3-4		↷	Make 8 steps CCW.
5		↑	Make 4 steps into the centre
6		↓	Make 4 steps backwards
7-8			Repeat ms 5+6
9		∩	"Pannekoek !" Make 4 skipping steps, forming a "Pancake-circle", with the narrow side towards the music.
10		○	Make 4 skipping steps, back into the original circle.
11		⊖	Repeat ms 9+10, now forming a Pannekoek.square to the music.
13	1	⊣	Hop on R ft. Place L heel towards centre of circle
	4		Jump on L
	7+10		Repeat ct 1+4, opposite ftwrk
14			Repeat ms 13
15+16		↶	Make 8 gallopsteps ( See " Vleegert " ), starting L