

BOERENPLOF

Origin: In the 1970's and 1980's Elly Olderaan created a number of "new" Dutch folkdances, mostly based on old melodies, and sometimes based on old dances from the Province of Brabant. The "Boerenplof" (Farmers Plumping Down) definitely earned its place in today's folkdance repertoire.

Meter: 4/4 (♩ ♪ ♪ ♪)

Introduction: 2 measures

Starting position: Inner circle of men: T position
 Outer circle of women: hands at the waist
 All facing circle, every woman exactly behind "her" man



Mt	Ct	Dir	Steps
			<u>Part A</u>
1	1	↶	Step L to L
	2		Cross R behind L
	3-4		Repeat ct 1-2
2	1	↷	Step L behind R
	2		Hop L: stretch out R leg in front of the body, let it come back in a little circular movement
	3-4		Repeat ct 1-2 opposite ftwrk
3	1		Step L on the spot
	2		Hop L: stretch out R leg in front of the body
	3-4		Repeat ct 1-2 opposite ftwrk
4	1		Step L
	2		Step R
	3		Jump on both ft
	4		Hold
5-16			Repeat ms 1-4 three more times

Part B

1-4 Woman : Make 4 double step-hops (DSH) , starting R (R L R hop, etc) moving resp. CCW, CW, CCW, CW

Man : Make 4 DSH starting L, moving CW, CCW, CW, CCW.

Use last DSH to make a half turn R, ending up in shoulder-waist pos.

Ms	Ct	Dir	Steps
			with your partner
5-8		→	Make 4 DSH (man starting L, woman starting R), making 2 full polka-like turns, travelling CCW on circle line
9		↻	Butterfly position, Make a DSH CCW
10			Make a single arch of mans L and womans R arm <u>Man</u> : make a DSH CW <u>Woman</u> : make a full turn L, use a DSH. Go underneath the arch
11-12			Repeat ms 9-10
13-16		→	Repeat ms 5-8 . Use last DSH to get back into the starting position Dance starts from the beginning