

RECORD: MH 1113 - Folk Dancer

FORMATION: Couples in a double circle facing to the right around the ring.

ACTION: I. OPEN WALTZ

Meas. 1-2 (Inside hands are joined at shoulder height, free hands on hips) Both start with outside feet, one waltz step forward swinging joined hands forward. Another waltz step forward swinging hands back, dancers turning toward each other to follow their hands.

Meas. 3-4 Release these hands and join the others with backs to line of direction; take two more waltz steps.

Meas. 5-8 Four waltz steps in shoulder waist position (man's hands at lady's waist, lady's on his shoulders) turning cw.

Meas. 9-16 Repeat all first figure.

II. SWING WALTZ

Meas. 1-2 (Two hands hold facing each other) step on man's L and lady's R bringing the other foot at right angles to it in a small swing at the same time swinging both arms forward. Repeat in other direction step swing.

Meas. 3-4 Release hands and turn completely away from each other with two waltz steps, lady to R and man to L (free hands on hips).

Meas. 5-8 Turn with four waltz steps in regular dance position.

Meas. 9-16 Repeat all of second figure.

III. HOP WALTZ

Meas. 17-18 (Open position holding inside hands above heads; lady grasping man's forefinger) beginning on outside foot step and hop swinging joined hands forward. Repeat on other foot swinging hands back.

Meas. 19-20 With one more step-hop forward and one waltz step the lady turns cw under their joined hands while the man moves forward with the same steps.

Meas. 21-24 Four turning waltz steps in shoulder waist position.

Meas. 25-32 Repeat all of Figure III.

IV. SLING WALTZ

Meas. 17-22 (Regular dance position joined hands slightly extended) Turn cw with six waltz steps. On meas. six the man places the lady's R hand in the middle of her back releases it at the same time grasping it with his R hand.

BRANDISWALZER (cont)

Meas. 23-24 With two waltz steps the lady makes a complete turn away from the man to her right while he waltzes in place as he helps pull her around releasing his hold on her right hand as she comes around to face him in a regular dance position again.

Meas. 25-32 Repeat all of Figure IV, ending with inside hands joined, ready to begin dance again.

Swiss Dance

COW ROW WALTZ

(Chuererle Walzer from Emmental, where the cheese comes from with the big holes)

A dance for 8 couples only - preferably out of doors on a village green, for it takes lots of room to be pretty and fun to do. During the course of the dance, couples line up in rows of eight in all four directions "of the heavens". Each time a different figure is done down the line by the leading couple, all others following along. Then the lead couple waltzes off, followed by the others, all around the green, and form a line in another direction, etc.

RECORD: MH 1115B - Folk Dancer "Cow Row Waltz" (record must be played twice through up to the end groove to complete the figures, then play the part beyond the groove to finish the waltzing.

FORMATION: All 8 couples begin waltzing around the dance area at the same time, following the lead couple - 32 measures.

- I. B. The Line Up - The lead couple takes 4 measures of music to fall into their positions at the head of the first line-up, leaving an aisle between them; they stand facing each other. They must stand so, as they face the center of the area, girl would be on right and man on left. However, they begin the row on the outside edge of the dancing space, each succeeding couple as they take their four measures to waltz into position, being a little closer to the center. As the men hook up, they place their arms on each other's shoulders, and the girls link elbows. Moving in precision, it takes exactly 32 measures to get all 8 couples into position. While dancers are in lines, they rock from side to side, beginning toward bottom of line.
- C. Turning single through the row. The first couple leads off, each turning slowly in front of their own row, moving down the line in 8 measures of waltzing, with hands on hips, man turning to his own left, and girl to her right. They hook on at the end of the line as before. In the meantime on the end of each 4th measure of music, another couple starts down the aisle. This also takes 32 measures to complete.
- II. Waltzing around and forming the second row, three-quarters of the way around from the first position is done in the same way as described above. 64 meas. (This means about 8 waltz steps down through the row, and 24 to make the 3/4 way around the circle) Second couple follows at the end of the 4th meas., etc.
- C. Turning the girl through the row. The lead couple joins right hands and waltz down the line, the girl turning cw under the man's right hand.