

Doing the Folk Dance

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City
Arrangements by Walter Eriksson

SIDE 1

BLEKING (Sweden)

OPENING FORMATION: Single circle, partners facing each other with both hands joined.



PART 1: Meas. 1: Thrust right arm forward and extend right heel (on the count of 1). Thrust *left* arm forward and extend *left* heel (on the count of 2).

Meas. 2: Perform the same step 3 times rapidly, right, left, right. (This is the "Bleking Step.")

Meas. 3-4: Repeat entire sequence from beginning, starting with *left* heel and arm.

Meas. 5-8: Repeat all of PART 1, both "left" and "right" sequences.



PART 2: Meas. 9-16: In ballroom position, step-hop around the circle for 8 measures, moving joined hands vigorously up and down in windmill fashion. Step-hop by stepping, then hopping on each foot. Do 16 step-

hops in all (that is, 8 on each foot).

(Children may prefer to do PART 2 by extending and joining hands at shoulder height.)

Repeat entire dance as often as desired.

NOTE: This record may also be used to dance a plain schottische: partners stand side by side, girl on the right.

Holding inside hands and starting with outside foot, take 3 steps forward and hop on the 4th (for the boy: left, right, left, left—counting one-and-two-and). Beginning with the *inside* foot, repeat the 3 steps and hop (right, left, right, right).

Take 4 step-hops (see above) forward, in same position or, if preferred, shoulder-waist position.

Repeat from beginning as often as desired.