

## FOEHRINGER KONTRA

GERMAN M 115

This is a traditional dance from Wyck on the little North Sea Island of Foehr. It is a typical quadrille, so the name "contra" is misleading. (Full descr. and piano music in German Folk Dances)

Formation: 4 couples in a square  
 Action: Introduction: Bow to your partner, bow to the corner, join hands in a circle. First tour (Figure) Circle left with 8 step-hops (or "hop-steps"). Then circle right.  
 Chorus: 1 Pushcart Partners face each other and join both hands. They go 4 step-hops counter-clockwise to the position of the next couple (she backward, he forward), and turn back to back. Joining hands with the corner person there, return with same action to original places. This action is repeated once. Swing joined bands together (count 1 and 2) and away from each other (count 3 and 4)etc.  
 2. Grand Right and Left. with running steps. When partners meet the first time, they pause briefly and bow. The bow again at the end.  
 3. Arming Partners hook right arms and swing around each other with running steps, clapping hands once on last beat. Repeat with left arm hook. Free hands on hip.  
 SECOND TOUR Girl's Round. The girls walk around inside the circle, hands on hips, 16 steps clockwise to original position.  
 C H O R U S A S A B O V E .  
 Third Tour Men's round. Same as girl's except that they start clockwise then go counter-clockwise. CHORUSE AS ABOVE.

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## ALFELDER

GERMAN M 115

This is a traditional folk game from the little town of Alfeld near Hannover in Germany. It is here described for the first time.

Formation: Trios in a line, boy in the middle and a girl on each side of him, one trio facing clockwise and one counter-clockwise, around a large circle (like "Come Let us Be Joyful" or "Red River Valley in 3's")  
 Action: A. Circle 6 (people) clockwise 8 steps, 8 steps back to place, and fall back in line.  
 B. The men hook right elbows and walk around each other 4 steps; meet own left girl with right elbows and turn 4 steps; back in line in 4 steps.  
 C. (Same music as B). Bow to opposite trio - equivalent of 4 steps then all trios, in lines with hands joined, pass their opposite trio by going to the right (As in Red River Valley) in 8 steps. Bow to new opposite trio - equivalent of 4 steps.

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## AT THE INN " TO THE CROWN"

GERMAN M 115

This is set to the music of a German folk song about Catherine's wedding at the Jolly Inn "To the Crown". The piano music and full directions are in German Folk Dances mentioned earlier.