

HACK AND ZEH(Konigsberg-East Prussia)
now U.S.S.RRecord: Tanze aus Ostpreussen Vol II
Ka 75 102

Meter: 2/4

Formation: Couple facing couple around the ring/



Fig. I With arms folded across chest and wll lifted, with 8 two-steps men dance around the girls. He passes in front of partner by right shoulder, around the lady in the set behind him. (Hee comes around her from behind) As he goes around her he passes her by the left should and back to his own place.
This pattern is a figure 8. The girls clap.
Repeat Fig. I

Fig. II In a two-couple circle and with arms well streched, dance 4 hopped Polka steps to the left. Take ballroom positon and dance back to place with 8 turning Polka steps.

Fig. III Give both hands to partner. With men's left foot and women*s right, dance a heel, toe each foot. Turn once with two Polka steps moving to the right. Repeat three more times. You will move 1/4 around the set each time, till you are home.
Begin from the beginning.

People used to sing:

My, my mother knits herself socks,
she is happy that Sunday comes.
My, my mother does it well
nothing is missing on the sockfoot.

Heel and toe, heel and toe
my socks still are all brand new
Camel wool, camel wool
lasts like mad, even while dancing.

(1. Teil) Miene miene Mutter strökt söck Strömp,
freit söck, datt de Sündag kömmt.
Miene miene Mutter kann datt goot,
Drunzelt nuscht am Sockefoot.
(2. Teil) Zwischenspiel.
(3. Teil) Had onn Zeh, Had onn Zeh,
Meiner is noch hagelneu...
Kämelwooll, Kämelwooll
höllt sogar biem Danz wie doß!

