

HEILSBERGER DREIECK--Germany (modern) F-1511x45B

Translation: Heilsberg Triangle; Heilsberger Dreieck is the Berlin address of Heinz Lau, composer of the music for this dance.

Formation: Progressive circle: a line of two couples facing a similar line, and "Outside" couples (numbers 1 and 3 in diagram at right) are on the left end of each line.

Music 2/4

Measure

FIGURE I--Elbow swings (Music AA)

- 1-2 Each inside man (nos. 2 and 4) RIGHT ELBOW SWING<sup>1</sup> opposite man (nos. 3 and 1).
- 3-4 LEFT ELBOW SWING partner.
- 5-6 RIGHT ELBOW SWING opposite woman.
- 7-8 Return to place with four walking steps.
- 9-16 Outside men (nos. 1 and 3) the same, repeat pattern of Measures 1-8.

FIGURE II--Move sideward (Music BB)

- 17-18 Sideward left. Each line-of-four join hands and move as follows:
- ♩ Step sideward left on left foot (count 1),
  - ♩ Cross and step on right foot in back of left (count 2),
  - ♩ Step sideward left on left foot (count 3),
  - ♩ Close and step on right foot beside left (count 4),
  - ♩ Step on left foot in place (count and).
- 19-20 Sideward right. Repeat pattern of Measures 17-18 reversing direction and footwork.
- 21-22 DIVE THRU<sup>2</sup> with two TWO-STEPS<sup>3</sup> forward to exchange places with opposite couples.



- 23-24 FRONTIER WHIRL<sup>4</sup> in four walking steps.
- 25-32 REPEAT pattern of Measures 17-24 to place.
- FIGURE III--Grand right and left (Music CC)
- 33-38 GRAND RIGHT AND LEFT<sup>5</sup> halfway around.
- 39-40 ALLEMANDE RIGHT<sup>6</sup> with partner.
- 41-46 GRAND RIGHT AND LEFT halfway around to place.
- 47-48 PASS THRU opposite couple (or arch and under<sup>2</sup>) with four walking steps to meet a new line-of-four opposite.

1. ELBOW SWING. Designated people hook designated elbows and turn counterclockwise (right elbow swing) or clockwise (left elbow swing), with walking steps unless otherwise indicated.

2. ARCH AND UNDER or DIVE THRU. Couples in line facing the head (or counterclockwise around the hall) arch, other duck under. An alternate rule-of-thumb is: the strong-willed duck under, others arch over.

3. TWO-STEP RIGHT. Step on right foot (count 1), close and step on left foot beside right (count and), step on right foot (count 2), pause (count and). Repeat, reversing footwork, for Two-Step Left.

4. FRONTIER WHIRL. With inside hands joined, face partner and walk forward four steps (lady passes under raised arms) to reface opposite couple.

5. GRAND RIGHT AND LEFT. Partners face and give each other right hand, moving past to meet next person and give left hand, moving past to meet next with right then next with left, etc., until partners meet halfway around in opposite position; this much is halfway.

6. ALLEMANDE RIGHT. A one-hand turn with right hand once around--in this case hands are joined with thumb grip (fingers clasping other person's thumb) at about head level, elbows together.