

Heinamaen Shottis

Notes from Milla and Petri Workshop, Oakdale, Jan. 18, 2003

Position "Walking": M and W facing LOD. M's right hand on W's waist, W's left hand on M's right shoulder. M's left arm, W's right arm down.

Position Turning: Polska, equilateral, or shoulder / shoulder.

Part 1:

M: Moving LOD, L (slow), R (quick), L (quick). Repeat, opposite feet.
W: Opposite.

M: Turn in small circle CCW with 4 quick steps, LRLR. On the last step M may cross over as he moves in front of W with back to LOD.
W: Turn in small circle CW with 4 quick steps, RLRL, ending to face LOD. Both form Polska hold at end of the small circles.

Couple pivots for one full turn with two slow steps, M: LR, W: RL, M ending with back to LOD.

Part 2:

M: Polska hold with back to LOD, do 2 normal Shottis steps backwards (LOD) starting L, moving diagonally back to outside, R, L, lift. Repeat starting R back, moving diagonally in to center. R, L, R, lift.
W: Opposite feet, facing LOD.

Turn: 2 slow pivots, followed by 4 fast pivots, ending open position facing LOD to start Part 1. (Optional: 4 slow pivots.)

Alternate parts 1 and 2.

Can combine with other Shottis variations.