

Recommended Records:

FOLK DANCER MH 2001 Telemark Schottische
FOLK DANCER MH 2002 WALTER's Schottische
FOLK DANCER MH 2003 Lowland Schottische

Schottische

The Scandinavian schottische as done at social gatherings is a simple dance with no variations. It can be done to any good Scandinavian style piece of music and some records are listed on this sheet above. Since the schottische and the 4-step-hop turn in either ballroom position or shoulder-waist positions is found in so many folk dances, these records are good to teach these basic fundamentals. The records are also usable for other schottische dances such as Ping Pong Schottische, Drunken Schottische, Coachmen's schottische, etc.

- BASIC SCHOTTISCHE FOR THE MAN:** Starting on Left foot walk forward 3 steps, L,R,L.
Hop on Left foot, swinging Right foot forward
Starting on Right foot, walk forward 3 steps, R,L,R.
Hop on Right foot, swinging Left foot forward.
Now do 4 step-hops starting on Left foot, L,R,L,R.
- SCHOTTISCHE STEP FOR THE LADY:** 3 steps forward, R,L,R, hop on Right, swinging Left forward
3 steps forward, L,R,L, hop on Left, swinging Right forward
4 step-hops forward, R,L,R,L.
- FORMATION:**
position Couples side by side inside hands joined, or in Varsouvienne position, or with man's Right arm around lady's waist, her left hand on his inner shoulder. In this position take 2 schottische steps forward, 1,2,3, hop; 1,2,3, hop; starting on outside foot.
Then you take shoulder-waist position or ballroom position and turn with 4 step-hops and open up to start from beginning.
- VARIATION:** Instead of going forward for the first part....separate from partner, man to Left with a 1,2,3, HOP (L,R,L, hop on L) as Lady moves Right 1,2,3, Hop(R,L,R hop on R). Then return to each other with another 1,2,3, hop and take shoulder-waist position or ballroom position and turn with 4 step-hops.
- VARIATION:** You can make this into a change partner dance by having each man move forward every other time to turn the girl ahead with 4 step-hops as he moves towards her instead of original partner.
- For practise... in schools you may add other variations. Lady may twirl under joined Right hands while man does 4 step-hops following her. Or the man kneels while lady goes around him in 4 step-hops or vice-versa. But always start off with the basic 1,2,3, hop, 1,2,3, hop.

PING PONG SCHOTTISCHE. American variation of a schottische.
Any number of dancers side by side in a straight line, holding hands.
All place Right heel forward, then Right toe back and walk forward R,L,R.
All do a heel and toe with Left foot and walk forward, L,R,L.
Do a grapevine sideways to the left starting with Right foot behind Left on count 1, Step to Left on 2; Right in front of Left 3; Step to side on Left 4; Right behind Left 5. Left to Left 6; Right to Left 7 and pause. Do a grapevine step to Right in the same manner. When the group is proficient they can do the grapevine step in double time, or twice the number of steps in each direction.

DANCE DIRECTIONS from FOLK DANCE HOUSE, 108 West 16 Street, New York City-11
Write to Box 201 For further data, bulletins, catalogs, etc.