

SCHOTTIS FRÅN VIKSTA, "TYSKA POLSKAN" (Uppland)  
Schottisch from Viksta, called "German polska"

Couples stand in an open circle which is moving CCW. The turn as a couple is CW.

MUSIC A slow schottische (4/4 meter). Count 1, 2, 3, 4.

POSITIONS Waltz position. (Couples - M facing LOD)

STEPS: Schottische steps, step-hops kept close to the ground.

THE DANCE The couple dances two schottische steps at which time the man leads the woman in and out of the circle in front of him (measures 1-2). Then they make one turn as a couple using two step-hops (measure 3). In the fourth measure they make one turn, as the woman jumps up in the air receiving support from the man's left hand (1) and then lands feet together with two bounces (3,4). The woman ends up with her back to the line of direction. While the woman jumps the man puts down his left foot on (1), rests on (2), on (3) takes a short step forward a stamp with his right foot and rests on (4).