

ACHTTOURIGER MIT WALTZER Cont'd

2nd Tour

A. Meas. 1-8 (with rep.) Women's Round All four women dance by themselves inside around the circle past each of the men and back to their places. They turn constantly with hands on hips much as explained under D. Men clap hands.

B to D Same as 1st Tour

END CIRCLE

Meas. 1-8 (with rep.) Circle to left and right as in the beginning. During the last two measures of the repetition bow to your partners.

GEESTLANDER WALZER (Geestlaender Waltz)
RONDO RECORD RFD 9B

German Folk Dance published in German Folk Dances Vol. I by Paul Dunsing
4754 No. Ashland Ave., Chicago 40, Illinois

Formation: Couples in a circle, men on the inside, women on the outside, inside hands joined, outside hands on hips.

This is a description of the man's movements. Women start on opposite feet.

Meas. 1 Step left forward on first beat and draw right foot to the left on third beat.
Meas. 2 Step left forward, arms swing forward.
Meas. 3 Point right foot forward
Meas. 4 Drop joined hands with pivot on left foot (toward Partner) swing right foot through (facing now in opposite direction), and joined the other hands.
Meas. 5-8 As measures 1-4 but in opposite directions and beginning right ending facing each other with both hands joined.
Meas. 9 Step left sideward
Meas. 10 Cross right over left, pointing right foot.
Meas. 11 Step right sideward.
Meas. 12 Cross left over right, pointing left foot
Meas. 13-16 Then both dance Waltz together with regular hold, turning clockwise (Use old fashioned German Waltz)

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DANCE LIGHTLY

GERMAN M 114

This was a favorite of German youth during the height of the German Youth Movement in the 1920's. It was also favored by Chicago folk dance groups and finally its title became the title of the little folk dance volume DANCE LIGHTLY

Formation: Couples in a large circle, all hands joined.

Action: Vers 1: 4 hopsteps beginning left - free leg swings lightly across then step left on next measure, close in right with lift on toes and down on the following measure; repeat the side step and the lift for the last two down on the following measure; repeat the side step and the lift for the last two measures. Then reversed to the right.

DANCE LIGHTLY Cont'd

Tr-la-la Refrain: The Circle moves first to the left. Step left (1st meas.) step right (2nd meas.) follow with six running steps (3rd and 4th meas) and repeat in the same direction. Then the circle moves to the right with the same action.

Sing the following words.:

"dance lightly, hop sprightly, come let us be gay,
Dance lightly, smile brightly, and sway.
High up in the tree tops sweet voices of spring,
They whisper, they rustle and sing:
Tra-la-la-la-la-la-la; tra;-la-la-la la-la-la,
Tra-la-la-la-la-la-la; tra;-la-la-la la-la-la."

Verse 2: Partners face each other and join both hands. The action is essentially the same as in verse 1 except that the circle now consists of only two dancers.

NOTE: Each dancer still starts left which means that the action goes in opposite directions - not parallel. For the tra-la-la refrain couples keep hands joined, extended right arms, come closer together, getting a swinging action with small steps. Sing the following words:

"Your eyes are so bright and your smile is so gay
I know now that spring's here to stay.
It's right, dear, to dance and to love in the spring,
So let us be happy and sing:
Tra-la-la-la, etc....."

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BUTTERFLY

GERMAN M 114

This is a very popular German dance from the province of Mecklenburg. It is also appearing in German Folk Dances by Paul Dunsing.

Formation: Couples in a double circle. Man stands behind girl's left shoulder right hands joined at the girls right shoulder and left hands joined in front of man's chest (Varsoviene position)

Action: Both start the same way. "Heel and toe and heel and close", first with the left foot. (In position, place left heel forward on count 1, put it back to place but point toe on count 2, left heel forward again on count 3, put it back to place on count 4). Partners look at each other over girl's left shoulder. Repeat leading off with right heel, toe, etc., and looking over girl's right shoulder. (A slight pivot of both partners makes this possible). Next, two polka steps, one to the left and one to the right. While the man continues with two polka steps forward the girl turns once around under the man's right arm with two polka steps. Left hands are on hips.