

~~APPEZELLER~~ APPEZELLER CHEERAB  
(Switzerland)

Music: Record:

Formation: Cpls in 2 circles, boys inside facing out, girls outside facing in. Cpls have to be numbered: 1-2-1 etc. All #1 cpls take ordinary ballroom pos (or two-hand hold with children). All #2 cpls hold hands and make high arches. Dancing with children, girls can also dance with girls, or boys with boys, as ptrs have the same steps.

<u>Measures</u>	<u>Pattern</u>
1-4	All #1 cpls: 8 gallop steps sdwd in LOD, boy L, girl R, passing under 1 arch. Separate and build arches. All #2 cpls: Build arches, after take ballroom pos.
5-8	Same as meas 1-4, but #1 cpls build arches and #2 cpls do the 8 gallop steps.
1-8 (repeated)	Repeat action of meas 1-8.
9	All put hands on own hips, ptrs face each other with a distance of about one ft in between. Put L heel fwd. Step on L.
10	Put R heel fwd. Step on R.
11-12	Repeat action of meas 9-10.
13-15	Cpls hook R elbows. 1 1/2 turn CW with 6 steps, starting L.
16	Drop arms, separate with 1 step, standing on opp place, 1/2 turn CW to face each other, end with 1 step R.
9-12 (repeated)	Repeat action of meas 9-12.
13-16	Hook L elbows. 1 1/2 turn CCW with 8 steps, start L, end with a stamp.

You may find the same dance for adults, then a waltz is added at the end.

Song:

Jiez macht me no de Cheerab, de Cheerab, de Cheerab  
Jiez macht me no de Cheerab, de Cheerab, de Cheer. Trala-la...

Presented by Carmen Irminger