

GEESTLÄNDER WALZER (Geestlaender Waltz)

MF-2, A-5

A couple dance of more recent years (1930's). Waltz music can be used for other dances.

Form: 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 men'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 join 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).