

## GORT MET STROOP

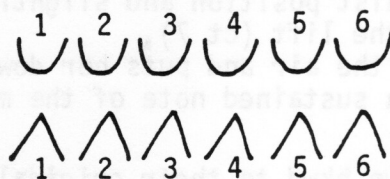
### The Netherlands

Gort met Stroop translates to "Grits with Syrup", a Dutch delicacy. It is a contra and originates from the area of the Zaan - River, also called the "Zaanstreek" above Amsterdam in the province of North-Holland.

MUSIC : ROSELAND EP RO 3  
TANZ EP 58612  
or  
Cassette "FOLK DANCES OF HOLLAND" - JL1988.03  
Presented by Jaap Leegwater

STEPS : Running, Step-Hop and Side & Close - Step.

FORMATION : 2 lines of 6, a men's line and a women's line facing each other.  
Each man forms a couple with the lady opposite.  
See diagram below.



INTRODUCTION : 4 measures

---

METER: 4/4

PATTERN

---

### PART 1 "REEL WITH ARM SWINGS"

- 1-2 Active cpls (cpl 1, at the top of the set, and cpl 6 at the bottom of the set) hook R elbows with own ptr and make a  $1\frac{1}{2}$  turn CW with 8 running steps
- 3-4 Active cpls hook L elbows with the next in line (M 1 with W 2 and W 1 with M 2, cpl 6 similarly with cpl 5) and make 2 turns CCW with 8 running steps
- 5-6 Active cpls hook R elbows with ptr and make 2 turns CW with 8 running steps
- 7-8 Repeat action of meas 3-4, this time active cpls hook L elbows with resp. cpl 3 and 4

### PART 2 "CIRCLE IN THE MIDDLE AND MOVING LINES"

#### Active cpls: CIRCLE IN THE MIDDLE

- 1-4 Active cpls form a circle in the middle of the set, to do so the women pass through first in front of their partners. The hands are on each other shoulders and the circle moves L (CW) once around with 8 step-hops
- 5-8 Active cpls circle R (CCW) with 6 hop-steps and continue to move bkwd with 2 more hop-steps to their original places in the set.

PART 2 (continued)

Inactive cpls: MOVING LINES

- 1-2 Inactive cpls move sdwd away from the circle with 4 side & close - steps (cpls 2 & 3 move tw the top of the set, cpls 4 & 5 move tw the bottom of the set)  
Note: The last side & close - step is done with a stamp without wt, next to the other ft on the last ct.
- 3-4 Repeat action of meas 1-2 with opp ftwk & directions
- 5-8 Repeat action of meas 1-4

PART 3 "LADY LIFTING"

- 1-2 M 1 and W 6 move tw each other in 6 running steps, then hold each other in a shoulder-waist position and slightly bend both knees as a preparation for the lift (ct 7),  
M 1 lifts W 6 up in the air and puts her down gently (ct 8)  
Note: The lift is on a sustained note of the music, and W helps M by jumping up
- 3-4 Both, M 1 and W 6 move bkwd to their original place in the set with 8 running steps
- 5-8 M 6 and W 1 repeat action of meas 1-4

PART 4 "CASTING OFF"

- 1-2 cpl 1 cast down 2 place (into place vacated by cpl 3) while cpl 6 cast up 2 places (into place vacated by cpl 4) with 8 running steps  
Simultaneously, cpls 2 and 3 move twd top of the set and cpls 4 and 5 move twd bottom of the set with 4 step & close - steps
- 3-8 Both lines cast off in 24 running steps:  
ptrs of cpl 2 (now at the top of the set) turn outward and each leads own line down outside, and up the ctr to new places, ptrs joining inside hands while coming up ctr.

Repeat the dance two more times, with new couples 1 & 6 each time.

Dancenotes adapted from Vera Jones and Dorothy Tamburini CFDFRC 1965  
by Jaap Leegwater.

Presented by Jaap Leegwater at the CAMILLIA FESTIVAL FOLK DANCE WORKSHOP,  
SACRAMENTO, March 12, 1988