

## Dr Gsatzlig - Switzerland

Couple dance, Ballroom position with held hands extended out to side, Meter 2/4. In this set of notes, directions are given for the M steps. W use opposite footwork.

### Measure Count Step

#### Part I

- |      |     |  |
|------|-----|--|
| 1    | 1-2 | Step on L foot to L (1), close R foot to L foot (&), step on L foot to L (2), close R foot to L foot (&).      |
| 2    | 1-2 | Step on L foot to L (1), close R foot to L foot (&), step on L foot to L (2), touch R foot next to L foot (&). |
| 3    |     | Repeat measure 2 with opposite footwork and in opposite direction.   |
| 4    |     | Repeat measure 2.  |
| 5-8  |     | Repeat measures 1-4 with opposite footwork and in opposite direction.  |
| 9-16 |     | Repeat measures 1-8.   |

*During this part, the forearm and hands are pointing in the direction the couple is moving. Thus, when they are moving in LOD, the arms are extended. When they are moving in RLOD, the arms are folded at the elbows so that the forearms and hands are pointing in RLOD.*

#### Part II

- |      |     |  |
|------|-----|--|
| 1    | 1-2 | Go into normal ballroom position without the arms being extended, and face slightly in LOD. Touch L heel in LOD (1), touch L toe next to R foot (2).   |
| 2    | 1-2 | Step on L foot in LOD (1), close R foot to L foot (&), step on L foot in LOD (2). Turn to face slightly in RLOD.   |
| 3-4  |     | Repeat measures 1-2 with opposite footwork and in opposite direction.  |
| 5    |     | Take shoulder-waist position (M hands on W waist, W hands on M shoulders). Step on L foot to L (1), close R foot to L foot (&), step on L foot to L (2), pivot 1/2 turn clockwise on L foot (&). |
| 6    |     | Repeat measure 5 with opposite footwork and in opposite direction. (Note: Opposite direction refers to L & R. you will still be going in LOD).   |
| 7-8  |     | Repeat measures 5-6.   |
| 9-16 |     | Repeat measures 1-8. At the end of measure 16, turn so that M faces LOD and W faces RLOD.  |

#### Part III

- 1 (M) 1-2 Fold arms across chest. Step forward on L foot (1), close R foot to L foot (&), step forward on L foot (2), hop on L foot (&).
- 1 (W) 1-2 Put hands on hips. Step backwards on R foot (1), close L foot to R foot (&), step backwards on R foot (2), hop on R foot (&).
- 2 Repeat measure 1 with opposite footwork.
- 3 (M) 1-2 Stamp forward on L foot (1), hop on L foot (&), step forward on R foot (2), hop on R foot (&).
- 3 (W) 1-2 Do 2 step hops starting with the R foot while moving in LOD and making one clockwise turn.
- 4 Repeat measure 3.
- 5-8 Repeat measures 1-4.
- 9-16 Join R hands and raise them. Repeat measures 1-8.

The sequence of the dance is:

Part I

Part II

Part I (without repeat)

Part III

Part I (without repeat)

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