

# Advanced Folk Dances

Dance Directions by Michael Herman, Folk Dance House, New York City

SIDE 1

## (BAVARIAN) LÄNDLER (Bavaria)

Music: Strauss for Ländler



**OPENING FORMATION:** As many couples as will fit around the room.

**STEP:** A heavy peasant waltz step in moderate tempo is used throughout the dance. The first count of each waltz step is heavily accented.

**FIGURE 1 (16 meas.): RIGHT-HAND GRASP:** Right hands are clasped at eye level, with elbows bent at right angle. Free left hands are kept on hips (Diagram 1). Couple waltzes around in place (man begins with left foot, lady with right), swaying slightly from side to side.

**FIGURE 2 (16 meas.): WALTZ:** Partners take ballroom position and, turning clockwise, dance counterclockwise around the room with the same heavy waltz step.

**FIGURE 3 (8 meas.): CROSS-HANDS GRASP:** Partners cross hands (right with right and left with left) and, leaning backward, turn in place (clockwise) with 8 waltz steps (Diagram 2).

**FIGURE 4 (8 meas.): LADY TURNS:** Man holds right arm high as lady grasps one finger of his upturned hand with her right hand. The lady turns clockwise under the raised hands as the couple dances counterclockwise around the room. The man follows her as she turns, moving forward and keeping her directly in front of him—8 waltz steps in all (Diagram 3).

**FIGURE 5 (16 meas.): BACK GRASP:** Partners hook right elbows and then place left hands behind own backs. Lady takes man's left hand with her right hand, and man holds lady's left hand with his right (Diagram 4). They now turn clockwise in place with 16 waltz steps.

**FIGURE 6 (16 meas.): LADY KNEELS:** Lady kneels on right knee. Partners join right hands and man dances clockwise around lady with 16 waltz steps (Diagram 5).

**FIGURE 7 (8 meas.): NECK-WAIST HOLD:** Lady runs and clasps her hands behind her neck. Man places his hands around her waist. Turning clockwise, they

dance counterclockwise around the room with 8 waltz steps (Diagram 6).

**FIGURE 8 (8 meas.): MAN KNEELS:** Man kneels on right knee. Partners hold right hands as lady dances clockwise around man with 8 waltz steps.

**FIGURE 9 (16 meas.): WINDOW:** Partners face each other and join hands overhead (right with right over left with left). Lady holds man's middle finger of each hand to facilitate turns. Joined hands are held high. Lady turns around twice to right under upturned arms. (Arms will become entangled.) They lower joined left hands, bending right elbows at a right angle (Diagram 7), thus forming a window through which they may see each other. The man stands still as the lady turns. This figure is done in 3 counts. After the window is formed, the couple continues dancing in place, turning clockwise with waltz steps.

**FIGURE 10 (16 meas.): UNWIND AND TURN:** Still holding both hands, lady turns twice around to the left under joined hands.

Lady now reverses direction as she turns to the right (clockwise) under joined right hands.

Couple dances forward, lady turning and man following, for 7 waltz steps. Left hands are on hips (Diagram 8).

**FIGURE 11 (8 meas.): THE CHASE:** With hands on hips, lady waltzes forward alone, looking back at the man over one shoulder and then over the other. Man follows, chasing her with open arms for 8 waltz steps.

**FIGURE 12 (8 meas.): WALTZ:** Couple takes ballroom position and, turning clockwise, waltzes 8 steps in a counterclockwise direction. It is customary for the man to lift his partner high in the air on the last count of the music.

To help dancers remember sequence the leader may call out the name of each figure as given in directions.