

German

LORENZ
(Mecklenburg)

RECORD: Telefunken

FORMATION: Couples in regular dance position, men with backs to center of circle. When hands are free, place them on hips.

ACTION:

Part I: Four side steps in line of direction, starting with M's L and Lady's R. Stamp lightly an 8th count as feet are brought together.

Repeat in opposite direction.

Still in regular dance position, turn with one two-step toward center of circle, stamping lightly on 4th count as feet are brought together. Repeat, turning away from center of circle.

Turn partner with 4 steps (8 counts) - ordinarily one would hop as in a schottische on this turn, but actually it is a hop in which only the heel leaves the ground, making it feel like a pivot step with the accent of a hop in it. This turn is typical of many North German dances and must be seen and "felt" before teaching it.

Repeat all of Part I.

Part II: Separate from partner, men moving toward center, lady's toward the outside. Start on outside feet - take 4 steps - together away from each other as in Part I, ending with stamp. Return to partner in same way. Total of 16 counts.

Turn away from each other with a step-together-step, stamp (lightly) Return in the same way.

Turn in regular dance position as for Part I.

Repeat all of Part II.

Part III: Polka with a heavy, deliberate "step-together - step hop" with only a slight hop. 32 counts.

Repeat dance.

An old-timer folk dancer who has danced some of the versions to "Seven Steps" will find something very familiar in this dance. Almost every European country has its version of this, often several different versions within one country.