

A traditional dance of Mecklenberg, Germany, taught by Jane Farwell to Walter Grothe, who presented it at the 1956 College of the Pacific Folk Dance Camp.

- Music: Although the music is written in 2/4 meter, it has the quality of a schottische.
- Form: Couples in closed dance position, man's back to center.
- Measures 2/4
- 4 Introduction. No action.
- 1-2 Figure 1: Beginning man's LF, lady's rf, dance 4 side steps CCW, stamping lightly on last close without taking weight.
- 3-4 Repeat 4 side steps moving CW direction.
- 5-6 Dance one two-step, man dancing in place as he leads lady in front of him toward center of circle (CCW); one two-step, lady moving away from center.
- 7-8 Pivot twice around CW, progressing CCW, with 4 steps. This pivot has the feeling of a step-hop, but is a rise or lift, with only the heel leaving the floor.
- 1-8R Repeat action of Meas. 1-8.
- 9-10 Figure 2: Partners stand side by side facing CCW, hands on hips. Dance 4 side steps away from partner.
- 11-12 Dance 4 side steps toward partner.
- 13-14 One two-step turning away from partner, almost back to back (M CCW, W CCW).
- 15-16 In closed dance position, turning pivot as in Meas. 7-8 above.
- 9-16R Repeat Figure 2.
- 17-24 Figure 3: In closed dance position, dance 16 turning schottische steps progressing CCW around the circle while turning CW as couples. This is a heavy step-together-step-hop with only the heel leaving the floor on the hop.
- 17-24R

Repeat dance from the beginning.