## KREUZPOLKA (Cross Polka) Cont'd

- Meas. 1-2 With three steps make an individual turn
  M left about (L-R-L)
  W right about (R-L-R)
  - and cross R over L (M) pointing your toe (W cross L over R).
  - 3-4 Same as meas. 1-2 <u>turning the other way and starting on M's R</u> and W's L foot.
  - 5-6 Take regular dance hold. One change step (two-step) toward M's left and W's right and one change step into opposite direction.
  - 7-8 In regular position make two turns (right about) with four pivot steps.

Repeat until the waltz starts. The waltz is a flat-footed rather earthly type of peasant waltz, turning constantly.

It is customary to use live music and the musicians will change from Polka to Waltz music at will, the dancers following their lead. There is an element of teasing and surprise in this which is rather pleasing.

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## RHEINLA-ENDER FOR THREE (German)

Rheinlaender is just another word for Schottisch. It is commonly used in German and Scandinavian countries. "Rheinlaender for Three" is not to be confused with the ordinary Rheinlaender form which is a couple dance.

Record: MH 1050 Folk Dancer <u>PUBLISHED</u>: <u>DANCE LIGHTLY</u> by Gretel and Paul Dunsing

Formation: One man and two women in open hold.

# Action:

- A. Meas. 1-8 with repetition
  - 1-2 1 rheinlaender step left forward and 1 right forward
  - 3-4 With 2 rheinlaender steps women exchange places, the right woman goes through the door formed by the man and the left woman; the man turns under his own left arm half around and all are facing in opposite direction.
  - 5-8 As 1-4, but the left woman now dances through the door formed by the man and the right woman. All are now facing in original direction.
  - 1-8 repetition, as meas, 1-8
- B Meas. 9-16
  - 9 4 running steps forward beginning on left foot.
  - with 4 running steps women turn once around (inward toward the man) under his lifted hands.
  - 11 4 running steps backward.
  - 12 as Meas. 10 (Women turn outward, away from the man).
  - 13-16 As meas. 9-12
- C Meas. 9-16 (repetition)
  - 9-12 The man turns to the left woman, dances two rheinlander steps with right hands joined and two rheinlaender steps with left hands joined. Meanwhile the right woman dances rheinlaender steps in place.
  - 13-16 Same with the right woman as left woman dances in place

#### RHEINLAENDER FOR THREE Cont'd

- D. Meas. 17-24 (with repetition) Same as Meas. 1-8 with repetition.
- E. Meas. 25-32
  - The man and the right woman dance one rheinlaender step apart he to the left, she to the right (she begins on right foot At the same time the left woman dances 1 rheinlaender step to the right (also beginning on right foot) behind the man.
  - Instead of coming back to the right woman the man dances 1 rheinlaender step to the right and turns right about to face the left woman, who is dancing one rheinlaender step left in place and is ready to meet him. The right woman dances 1 rheinlaender step to the left, ready to pass i n f r o n t of the other two.
  - 27-28 The man dances 4 hop steps, turning clockwise, with the left woman in regular dance hold, while the right woman dances with 4 hop steps, turning clockwise, over to the other side, The women finish with their places exchanged.
  - 29-32 As measures 25-28. At the finish women are back in original positions.
  - 25-32 (Repetition) As measures 25-32 ending in original positions.

THE WHOLE DANCE MAY NOW BE REPEATED.

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## SAUERLAENDER QUADRILLE NO. 5

A German Quadrille from Neheim-Husten, Westphalia

When visiting Germany and the German folk dance groups (summer 1956) we saw this dance done by almost all groups in different regions of North Germany and it was always danced with great enthusiasm.

This description has been made for the groups we are teaching and should not be copied without our permission.

Gretel and Paul Dunsing

PUBLISHED: Hanseatische Verlagsanstalt, Hamburg: Westfalische Heimattaenze

FORMATION: Four couples in a square. NOTE: 1st Couple

1st Couple faces 3rd Couple < ^^ > 4th Couple

music or top of hall. < vv > 2nd Couple

STEPS: "NEHEIMER SCHRITT" (NEHEIMER STEP) as described below

is being used throughout the dance, either going forward or sideways. "Foreward" or "sideways" refers to the second part

(second measure) of the N. ST. 2/4 time.

1st Meas. Toes of L foot point in such away that the L foot is at right angles to the R foot (L toes close to R instep) - ct. 1

Now point toes of left foot outward, in such a way that the h e e l is at right angles with the right foot (close to instep)

ct. and
The left heel is placed in such a way that the toes point forward

parallel to the other foot - ct. 2

Toes of the left foot touch forward - foot is parallel to the

right foot - ct. and

Throughout the maneuvers of the left foot you hop once (on each eighths) on the right foot.