

Schwartzbrot

Music: Schwartzbrot. (No commercial record available.)

This is a dance popular with some of the youth recreation groups in the East section of Germany. Of its origin I cannot say as I have never before seen it and my correspondent does not know. It is not easy to trace such things at present in the part of the world.

Formation: Pairs of couples facing in a large circle as in "Soldier's Joy" or "The Spanish Dance."

- (A) The two facing couples form a star with the right hands and starting with the right foot walk around clockwise with six "bounce steps." (Bounce step: step forward on the ball of the right foot and while the left foot is being brought forward for the next step, rise and fall with a springy motion on the ball of the right foot. This is one step to a measure.) Bars 1 to 6
- (B) Jump up, bringing feet together; jump up, spreading feet apart and turning partway to right (Bar 7); jump up, bringing feet together and completing the right face so that the two couples are in position to form a left hand star Bars 7 to 8
- (C) Repeat (A) but with a left hand star moving counter-clockwise Bars 1 to 6 repeated
- (D) Repeat (B), but turning slightly (quarter turn) to the left on the jumps so that the two couples end facing their common center Bars 7 to 8 repeated
- (E) Joining hands with the opposite couple, take two "bounce steps" forward, starting with the right foot and raising joined hands high in the air. Take two "bounce steps" backwards, lowering joined hands Bars 1 to 12
- (F) Releasing hands, turn once around (clockwise) with four walking steps Bars 13 to 14
- (G) Facing opposite person, jump up, bringing feet together; jump up, spreading feet apart, jump up, bringing feet together. Bars 15 to 16
- (H) Join inside hands with own partner and facing the other couple, take two "bounce steps" forward, starting with right foot; take "bounce steps" backwards Bars 9 to 12 repeated
- (I) Releasing partners hand, take four walking steps forward, passing through ("right and left through") the opposite couple to face a new couple in the big circle Bars 13 to 14 repeated
- (J) Repeat (G) Bars 15 to 16 repeated

This is a leisurely dance; don't hurry.

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