

SUDETEN SPINRADEL FOR THREE

(Austrian)

Spinradel (SPIN-rah-deh) means "spinning wheel" and the dance depicts this action. The dance originated in Sudetenland, a mountainous region in northern Czechoslovakia, once in the possession of Nazi Germany.

Suggested Grades 5-6 and up
Grade Level:

Record: Folkraft 1474x45 A (45 rpm)

Formation: Trios facing in LOD, B in ctr with arms outstretched to either side. Two G on either side of B and slightly behind him. G join inside hands and join outside hands with outstretched hands of B. The dance can also be done with one G and two B making up the trio.

Meter: 3/4

MeasPattern

1-4

INTRODUCTIONFIG I (Waltz Step Fwd)

- 1 Facing LOD, trios step fwd on R ft (ct 1). Step fwd L (ct 2). Step fwd R (ct 3). Note: This waltz step should not dip by bending the knees on the first beat and coming up on the balls of the ft on cts 2-3. There should be no change in level and all steps should be smooth and flowing.
- 2 Repeat meas 1 but start on L ft (cts 1-3).
- 3-8 Repeat meas 1-2 for a total of eight waltz steps fwd.

FIG II (Winding and Unwinding)

- 1 Hands remain joined throughout this Fig. G raise joined inside hands to form an arch. B ducks under the arch and moves around behind G on R (cts 1-3).
- 2 B pulls on the arms of both G causing them to turn twds each other into a "dishrag turn" (cts 1-3).
- 3 B turns under his own L arm to complete the unwinding and the trio is back in original starting pos (cts 1-3).

continued...

- 4-6 Repeat meas 1-3, Fig II (winding and unwinding) but this time after ducking under the arch the B moves behind G on his L. He then pulls the G into the same dishrag turn and on meas 6 turns under his own R arm.
- 7 Trios move fwd in LOD with one waltz step beginning on R (cts 1-3).
- 8 Trios jump in place on both ft (ct 1). Hold (cts 2-3).
- 9-16 Repeat meas 1-8, Fig II.
Dance repeats from the beginning.

Presented to the East Baton Rouge
Elementary Physical Education Teachers,
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