

# SEVEN JUMPS (2/4)

DANISH GROUP OR COUPLE DANCE

RECORD 45-6172 (41-6172)



Originally danced only by men, any number of people may participate in this dance-game. Notice that the sustained notes are of varying duration to cause teasing suspense, since dancers must hold position for the duration of the note.

## OPENING FORMATION

Single circle, all hands joined. If preferred, in couple formation, with partners joining both hands for CHORUS, facing each other for Figures.

**CHORUS** Begin the dance with the CHORUS and return to it after *each* of the 7 Figures below. CHORUS consists of 7 step-hops to the left with a jump on the 8th. Repeat step-hops and jump to the right. Step-hop by stepping, then hopping on one foot as the opposite leg swings forward and across. (The jump may be left out for general use and dancers may do 8 step-hops to the left, then 8 to the right.)

## FIGURES

1. **Right Foot** On first sustained note, place hands on hips and raise right knee. Do not lower knee until the *second* note and stand motionless throughout the ~~third~~ note.

Repeat CHORUS. *Second*

**NOTE** Stand motionless each time only on the last sustained note of music in each Figure.

2. **Left Foot** Repeat Figure No. 1, adding identical figure with *left* knee. Repeat CHORUS.

3. **Right Knee** Repeat Figures No. 1 and 2, then kneel on right knee. Repeat CHORUS.

4. **Left Knee** Repeat Figures No. 1, 2 and 3, add kneel on left knee. Repeat CHORUS.

5. **Right Elbow** Repeat Figures No. 1, 2, 3 and 4, then kneel and place right elbow on floor. Repeat CHORUS.

6. **Left Elbow** Repeat Figures No. 1, 2, 3, 4 and 5, placing left elbow on floor. Repeat CHORUS.

7. **Head** Repeat Figures No. 1, 2, 3, 4, 5 and 6, then place head on floor.

Finish dance with a final CHORUS.

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by Michael Herman—The Folk Dancer Magazine, Flushing, N.Y.