

Old Danish Folk Dances

DESCRIBED

by

The Association for the Promotion of Folk Dances

(Foreningen til Folkedansens Fremme)

COPENHAGEN

TRANSLATED

by

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INTRODUCTION.

THE DIVISION OF AND REPETITIONS in the music are given as the beginning of the description of each dance.

THE NUMBERS IN PARENTHESIS give the numbers of the measures which correspond to the part of the description immediately preceding.

THE MUSIC is divided and marked correspondingly.

THE FRONT of the hall is where the music is.

THE ORIGINAL POSITION is the position which is taken at the beginning of the dance.

THE ROW FORMATION: Ladies and gentlemen form two rows, ladies to the left, gentlemen to the right, as seen from front of hall, the first couple nearest the front, unless otherwise designated.

A QUADRILLE SET consists of four couples, of which the first stands with back to music, the second facing them, the third on their right and the fourth on their left.

DOUBLE QUADRILLE: Same as quadrille, save that instead of one there are two couples on each side.

STEPS.

WALKING, RUNNING, WALTZ and POLKA steps require no description.

The HOPSA STEP is danced to quick waltz or polka time. A short, quick hop on either foot alternately.

SKIP STEP is a step in which the dancer jumps from one foot to the other. In most dances this jump takes the form of a short or long skip forward; sometimes, however, especially in dancing round in place, the skip is taken backward (THE OTHER NIGHT'S STEP). In a few dances a raising of the heel is added, as in the Jew dance. A common feature of all skip steps is, that the feet are constantly moved past each other, as in walking.

CIRCLE STEP: Turn quickly half way round on left foot, while swinging right foot in a curve (feet a little apart); then turn on right foot, while left foot is swung around. The movement resembles that given a pair of open dividers in swinging them over from one leg to the other.

REEL STEP: Right foot is placed on floor immediately behind left, the latter at the same time being raised. A little hop forward on right, while left circles slightly outward and is placed immediately behind right, which

in its turn is lifted. A hop on left foot while right foot is placed behind, and so on. The steps are danced in place with dancers as high on toes as possible. Quick time.

FRENCH REEL STEP: Resembles above, save that the foot which is lifted is carried in a large circle forward, outward and backward and placed beside the other.

SIDE STEP (English Glide): One foot is moved a step toward the side, the other is brought up to it, whereupon the first is again moved in same direction as before and the other brought up, etc.

BUZZ STEP: This step is used in "swings," "mills" and "circles." In swings partners face each other and the outer side of right feet are placed together. In mills and circles the right foot is placed toward the centre. The step in all three cases is taken with the left foot, while the right foot is moved slightly for each step the left takes.

CHASSÉ: Left (right) foot is moved one step forward or sideways, right (left) foot following. Left (right) foot takes another step in same direction as before.

BALANCÉ: Right foot is moved a little toward the right, left foot is placed in front of it. Right foot takes a slight step forward close up behind left. Same with left foot toward the left.

TYROLESE WALTZ: Four balancés, alternately to left and right, gentleman beginning toward left, lady toward right, gentleman holding lady's left hand in his right; then during the same length of time (two measures) ordinary waltz with usual position. Repeat and continue as long as desired.

THE JUMP AWAY STEP is generally danced to the left with two hand position. Left foot is put down, right foot placed just before it; left is moved one short step to the left, whereupon right foot is placed just behind it. Continue in the same way, placing right foot alternately in front and behind left.

TINKER'S STEP: Place right foot in front of left, take one step backward with left and draw right after it. Swing left foot slowly in a curve around to front of right, take one step backward with right foot and draw left after it. Swing right foot again in front of left, etc.

HAND POSITION.

In row formation both hands are free. In quadrille and double quadrille gentleman holds lady's left hand in his right.

USUAL POSITION: Gentleman's right arm around lady's waist, her right hand in his left and her left on his shoulder.

ONE HAND POSITION: Partners clasp either right or left hands.

TWO HAND POSITION: Partners face each other, clasping both hands.

BACK CLASP: Partners stand each on the other's right, facing in opposite directions and with left arms in hollow of own back. Lady clasps gentleman's left hand with her right, while gentleman passes his right arm under her right and clasps her left hand.

CROSS CLASP: Partners clasp hands, right with right and left with left, standing either facing each other or side to side.

WAIST CLASP: In couples or in circle. Gentlemen clasp ladies' waists and ladies place hands on shoulders of gentlemen.

SHOULDER CLASP: The dancers place their hands on each other's shoulders.

SUNWISE means movement in the same direction as the hands of a clock—a movement toward the left when dancing in a circle.

CONTRA SUNWISE means movement in opposite direction.

SWING: In the Seelandic dances, all circles, round dances and "mills."

ROUND DANCES may be danced in place (sunwise or contra sunwise), round the hall or within the set. If not otherwise specified round dances are danced contra sunwise around the hall, couples turning sunwise (right about).

CIRCLE is formed by several couples forming a ring by joining hands.

BIG CIRCLE is one in which all dancers take part.

ONE HAND MILL is formed by several of the dancers forming a star, each extending right arm and grasping right hand of the dancer opposite, and all circling round sunwise—or grasping left and circling contra sunwise.

TWO HAND MILL: Four dancers take position facing inward, two opposites clasping hands (right in left and left in right); the two others clasping hands in the same way, interlacing arms with first couple.

GATE: Two partners form arch with clasped hands, the others passing underneath.

CHAIN (Grand right and left) is danced by couples in a circle. Where not otherwise specified gentleman grasps his partner's right hand with his right, next lady's left with his left, etc. Gentlemen dance contra sunwise, ladies sunwise. Other forms are described with the dances.

In turning face the centre of the circle.

PRETTY SIDE OUT: Backs to centre of circle.

STRANGE LADY is the lady on the left of gentleman, both in circle and quadrille. **STRANGE GENTLEMAN** is the gentleman on the lady's right.

In all figure dances the dancers determine which and how many figures they will have.



DANCES.

First Part.

FORWARD DANCE (Fremad).

Danced on the Isle of Falster.

MUSIC: || : 1-8 : || : 9-16 : ||

USUAL POSITION:

(a) Polka (1-4).

(b) One chassé step forward, gentleman beginning with left foot, lady with right (5), lady stamps first with left foot, then with right, gentleman the reverse (6).

Repeat b (7-8).

Repeat whole and continue as long as desired.

SHOEMAKERS' DANCE (Skomagerstykket).

From Jutland, near Horsens.

MUSIC: || : 1-4 : || : 5-8 : ||

(a) Partners face each other with hands clenched and revolve forearms quickly, first from inside upward and outward (1), then reverse (2). ("Winding the thread.")

Elbows are jerked back vigorously twice (3). ("Pulling the thread.")

Clap hands three times (4).

Repeat (1-4).

(b) Polka (5-8, 5-8).

ACE OF DIAMONDS I (Ruder Es).

From Jutland, near Skanderborg.

MUSIC: || 1-8 : || 9-16 || : 17-24 : ||

Danced in couples.

(a) Partners clap hands once, hook right arms and run round sunwise (1-4); release, clap hands again, hook left arms and run round contra sunwise (5-8).

(b) Lady dances backward with hopsa steps, followed by gentleman, or vice versa (9-16).

(c) Polka (17-24, 17-24).

HORNPIPE (Hornfliffen).

From Jutland, near Randers.

MUSIC: || : 1-8 : || : 9-16 : ||

Gentleman holds lady's left hand in his right.

(1) Place left foot a little forward to left, (2) place right foot behind left, (3) left foot forward to left, (4) right foot forward to right, (5) left foot behind and to right of right. (6) With a jump backward swing right foot forward to right, and cross the legs, so that (7) left foot is placed in front of right. Come down on both feet at the same time (1-2).

Repeat seven times (3-8, 1-8).

Polka (9-16, 9-16).

THE GIRLS' PLEASURE (Pigernes Fornøjelse).

From Samsø.

Danced by two ladies.

ORIGINAL POSITION: First lady in front of second lady with arms crossed, right arm over left; second lady behind, holding first lady's hands, right with left and left with right.

Waltz step.

During the first two measures first lady releases second lady's left hand, swings her own right hand over second lady's head and seizes her left hand, which she (second lady) has placed under her own right arm to the right. Position is now like the original one, save that ladies have exchanged places. Repeat, this time second lady dancing as described for first lady, and vice versa.

Continue as long as desired.

SEVEN JUMPS (Syvspring).

Jutland.

Usually danced by two men.

Dancers swing each other round in one place, until, as the final note is struck, both stamp with right foot. Repeat the music and the swing six times, adding the last two notes and with them new movements as follows:

At the end of the second round the right foot is stamped as before, and the last two notes are then repeated, the dancers stamping the left foot on the last.

The dance is repeated in this manner, each time adding a new movement, viz:

Striking	right	knee	on	floor,
"	left	"	"	"
"	right	elbow	"	"
"	left	"	"	"
"	forehead	"	"	"

Continue the dance, each time omitting the final movement of the last round, so that 13th round ends with a stamp of the right foot.

A. P. Berggreen, from whose book, "Danish Folk Dances and Melodies" (Page 377), above description is taken, states, that he has seen a description of this dance as danced in Kullen (Sweden), and that it is found in other parts of Sweden, in Switzerland and in France.

Some places in Denmark (Hobro district) it is danced by a man and a girl, other places again by several couples, who hold each other's hands and form a circle. In Od district, one man's turning a somersault over the back of the other has, at least occasionally, been substituted for striking forehead on floor.

NORWEGIAN MOUNTAIN MARCH. (Norsk Fjældmarsch).

Vendsyssel (Jutland).

Danced by one gentleman and two ladies.

MUSIC: || : 1-8 : || : 9-16 : ||

Skip step.

(a) Around the hall, gentleman in advance, with a handkerchief in each hand; ladies following hand in hand, grasping the ends of the handkerchiefs (1-8, 1-8).

(b) Still holding the handkerchiefs gentleman stamps once and dances backward, bending under ladies' lifted arms. Left lady dances under gentleman's right arm, round him (sunwise). Right lady turns contra sunwise under gentleman's right arm. Gentleman turns sunwise under his own right arm (9-16).

Repeat b, this time without gentleman stamping (9-16).

Repeat and continue as long as desired.

THE CRESTED HEN (Den toppede Høne).

MUSIC: || : 1-8 : || : 9-16 : ||

Danced by one gentleman and two ladies.

Skip step.

Free hand on hip.

(a) Dancers circle sunwise (1-8) and contra sunwise (1-8). Stamp on beginning and at the turning.

(b) Ladies release hands, and right lady dances through arch formed by the two others; she is followed by gentleman, who dances under his own lifted arm, still holding ladies' hands. Now left lady dances through arch formed by the two others, followed by gentleman (9-16). Repeat (9-16).

Repeat and continue as long as desired.

LITTLE MAN IN A FIX (Bitte Mand I Knibe).

Randers (Jutland).

MUSIC: || : 1-8 : || : 9-16 : ||

Danced by two couples.

(a) Gentlemen hook their left arms and run round contra sunwise, clasping ladies' waists with their right. Ladies rest their left hands on gentlemen's left shoulders (1-8).

The more rapidly ladies are swung, the more they must lean back.

(b) Without stopping, gentlemen seize each other's left hand, and, swinging ladies in front of them, raise their left arms to allow ladies to run through arch. The gentlemen now seize ladies left hands with their own right, ladies turn contra sunwise, and seize each other's right hand over gentlemen's, and, continuing, all four run round contra sunwise, with arms crossed and faces toward centre (1-8).

(c) Tyrolese waltz (9-16, 9-16).

Repeat dance several times.

CROSS FOUR DANCE (Korsfirtur).

Randers (Jutland).

MUSIC: || : 1-4 : || : 5-8 : || : 9-12 : ||

Danced by four couples.

STEPS: Running step, circle step, skip step.

(a) Gentlemen form mill with left hands and clasp ladies' waists with right arms; ladies place left hands on gentlemen's left shoulders. All run round contra sunwise (1-4).

(b) Gentlemen and ladies change places, gentlemen releasing hands and passing ladies in front of them toward the left, ladies lifting left arms over their partners' heads, and forming mill. Gentlemen bend a little to right and forward under ladies' right arms, which the ladies place on gentlemen's left shoulders. The gentlemen placing their left arms round ladies' waists (all this without stopping); the set continues running contra sunwise (1-4).

(c) Chain once round, right hand to own lady. Skip step (5-8, 5-8).

(d) Circle step with own lady round circle. Waist position (9-12, 9-12). Repeat dance several times.

FOUR DANCE (Firetur).

Varde (Jutland).

MUSIC: || : 1-8 : || : 9-16 : ||. The whole music is played twice for each figure.

ORIGINAL POSITION: Two couples opposite each other.

STEPS: Walking step, circle step, chassé to side, reel, and, where not otherwise specified, skip step. Stamp at the beginning and in the middle of a.

FIRST FIGURE: (a) Circle sunwise (1-4) and contra sunwise (5-8).

(b) Chassé to side and reel; hands on hips. In chassé the dancers pass each other with gentlemen on the outside, so that ladies face each other and their own partners and go to same side as latter. Ladies begin chassé toward right, gentlemen toward left. Begin reel, facing own partner, by putting innermost foot behind (9-12). Repeat chassé and reel toward opposite side, ladies this time dancing to left, gentlemen to right (13-16).

(c) Chain with hooked arms. Half round with right arm with strange lady, wholly round with left arm with own lady, half round with right arm with strange lady (1-8).

(d) Circle step with own partner, circle once round. Waist position (9-16).

SECOND FIGURE: (a) One-hand mill, sunwise and contra sunwise.

THIRD FIGURE: (a) Two-hand mill, sunwise and contra sunwise.

FOURTH FIGURE: (a) "Goose walk" (Indian file), sunwise and contra sunwise.

FIFTH FIGURE: (a) "Yoke": Gentlemen take each other's hands and lift arms, ladies bend, enter the ring and place hands on gentlemen's shoulders. Dance round sunwise and contra sunwise.

b, c, and d are alike in all the figures.

At last circle sunwise and contra sunwise.

PEAR WALTZ (Pierrevals).

Seeland.

MUSIC: || : 1-4 : || : 5-8 : ||

ORIGINAL POSITIONS: Three couples forming a triangle.

STEPS: Walking step, side step; buzz step in swings.

FIRST FIGURE: (a) Big circle sunwise, buzz or side step (1-4, 1-4).

(b) Chain with hooked arms. Right arm to own lady—left the coming lady—right to strange lady—left to own lady half round (5-8). Return in opposite direction, gentleman giving right arm to strange lady—left to coming lady—right to own lady half round to original position (5-8). Walking step.

Often gentleman does not get time to give right arm to own lady, before the music is over; in this case he omits it and begins next figure at once.

SECOND, THIRD AND FOURTH FIGURES: (a) Dance in one place with own lady; usual position.

FIFTH, SEVENTH AND NINTH FIGURES: (a) Ladies form circle, clasping waists, and dance round sunwise.

SIXTH, EIGHTH AND TENTH FIGURES: (a) Gentlemen form circle, clasping waists, and dance round sunwise.

ELEVENTH FIGURE: (a) Big circle sunwise. Buzz step or side step.

(b) Is alike in all the figures.

At last dance in one place with own lady; usual position.

THREE DANCE (Tretur).

Ribe (Jutland).

MUSIC: || : 1-8 : || : 9-16 : || : 17-32 : ||

ORIGINAL POSITION: Four couples in quadrille.

Steps: Running step, Tyrolese hopsa; skip step, unless otherwise designated.

FIRST FIGURE: (a) Big circle sunwise (1-8) and contra sunwise (1-8).

(b) First and second couple pass each other with little running steps, second couple separating and letting first couple through. Couples return to their places backwards, this time second couple passing through first (9-16).

The same for third and fourth couple, third running forward through fourth, and fourth backward through third (9-16).

(c) First and second couple dance toward each other, clapping their hands three times (17-18). Gentlemen swing coming lady once round by right arm (hooking arms) (19-21), then own lady by left arm back to original position (22-24).

The same for third and fourth couple (25-32).

SECOND FIGURE: (a) Tyrolese hopsa (same as Tyrolese waltz, only with hopsa instead of waltz in the two measures after the balancés), ending first round in place of the opposite couple (1-8), second round in original position (1-8).

b and c like b and c in first figure.

BERLIN KONTRA (Berlinerkontra).

Horsens (Jutland).

MUSIC : || : 1-4 : || : 5-18 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Skip step; in round dance of b, "The Other Night's Step." Stamp at the beginning of a and in the middle, if the movement be altered; also at the beginning and in the middle of b.

FIRST FIGURE: (a) Big circle sunwise (1-4) and contra sunwise (1-4).

(b) "Cross." (1) Third and fourth gentlemen dance in a curve to left, forward, to right and back to original position, third and fourth ladies at the same time dancing in a curve to right, forward, to left and back to original position (5-7). Meanwhile first lady passes in front of her partner—through fourth couple (in front of fourth gentleman, behind fourth lady)—over to the place of second couple, where she meets her partner, who has passed through third couple (in front of third gentleman, behind third lady) (5-7); they dance round in place with usual position (8-11). Second gentleman passes through fourth couple, as soon as first lady is through, second lady through third couple, before first gentleman gets through. Second couple dances round in first couple's place (5-11).

(2) Third and fourth couple open for first and second as before; but this time second lady and first gentleman pass through fourth couple, and first lady and second gentleman through third couple (12-14). First and second couples dance round in place (15-18).

(3) First and second couples open for third and fourth couples, who in their turn pass over to the opposite side, where they dance round in place (5-11).

(4) First and second couples open again, third and fourth couples pass through back to their places and dance round (12-18).

The gentlemen must always pass through after their own and the coming ladies.

SECOND FIGURE: (a) Round dance in place with one hand position sunwise and contra sunwise.

THIRD FIGURE: (a) Round dance in place with two hand position sunwise and contra sunwise.

FOURTH FIGURE: (a) Ladies' mill sunwise.

FIFTH FIGURE: (a) Gentlemen's mill sunwise.

SIXTH FIGURE: (a) Ladies' two hand mill sunwise.

SEVENTH FIGURE: (a) Gentlemen's two hand mill sunwise.

EIGHTH FIGURE: (a) Ladies' circle sunwise and contra sunwise.

NINTH FIGURE: (a) Gentlemen's circle sunwise and contra sunwise.

At last big circle sunwise and contra sunwise, then hopsa round the hall to some hopsa melody.

OLD BERLIN (Gamle Berliner).

Isle of Langeland.

MUSIC : || : 1-8 : || : 9-22 : || : 9-22 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Skip step. Stamp at the beginning and in the middle of a.

FIRST FIGURE: (a) Big circle sunwise (1-8) and contra sunwise (1-8).

(b) Third and fourth gentlemen dance in a little curve to left, forward, to right and back to original position, third and fourth ladies doing the same, but in opposite direction (9-14. Meanwhile first lady crosses through the set (in front of fourth lady, behind fourth gentleman)—over to second lady's place, turns and advances toward the centre (9-14), first gentleman at the same time passing—through third couple (in front of gentleman, behind lady)—over to the second gentleman's place, turning and coming forward in the same manner. Second couple does the same, lady passing through third couple (before first gentleman), gentleman through fourth couple (after first lady), and first and second couples finally meeting in the middle of the set (9-18). With one stamp first and second gentlemen change places with their ladies, gentleman passing behind his lady, and both couples swing once sunwise while retiring from the middle to places (19-22). The gentleman must always pass behind his own and the opposite lady.

The "cross" is repeated, but this time first couple dances as just described, for second, and vice versa (9-12).

First and second couple now dance as described for third and fourth couple in b, and vice versa; so that first time third gentleman and fourth lady dance through second couple, third lady and fourth gentleman through first couple, second time third gentleman and fourth lady through first couple, third lady and fourth gentleman through second couple (9-22, 9-22).

SECOND FIGURE: (a) Dance round in place with one hand position with own lady, sunwise and contra sunwise.

THIRD FIGURE: (a) Dance round in place with two hand position with own lady, sunwise and contra sunwise.

FOURTH FIGURE: (a) Dancing round in place with own lady, cross clasp, sunwise and contra sunwise.

FIFTH FIGURE: (a) Ladies' circle sunwise and contra sunwise.

SIXTH FIGURE: (a) Gentlemen's circle sunwise and contra sunwise.

SEVENTH FIGURE: (a) Ladies' one-hand mill sunwise and contra sunwise.

EIGHTH FIGURE: (a) Gentlemen's one-hand mill sunwise and contra sunwise.

NINTH FIGURE: (a) Partners dance round the circle with two-hand position, sunwise (gentleman dancing backward), and contra sunwise (lady dancing backward).

b is alike in all the figures.

Finish with big circle sunwise and contra sunwise ("All the world").

Very often the dancers whirl once or twice at pleasure during the "cross" figure.

HUCKABACK DANCE (Dreilsdansen).

Roskilde (Seeland).

MUSIC: || : 1-8 : || : 9-22 : || : 9-22 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Buzz step in swings; otherwise skip step.

FIRST FIGURE: (a) Big circle sunwise (1-8, 1-8).

(b) "Cross" (9-22, 9-22, 9-22, 9-22).

Almost like cross in "Old Berlin," only dancers do not whirl round, but stamp three times in place, when meeting each other in the middle of the set ("treading the footstools") (18). Gentlemen and ladies now change places, with one chassé step, gentlemen to left behind lady, lady to right (19); they pause during 20, stamp three times (21) and pause again (22).

SECOND, THIRD AND FOURTH FIGURES: (a) Dance in place with own lady, usual position.

FIFTH, SEVENTH AND NINTH FIGURES: (a) Ladies' one-hand mill sunwise.

SIXTH, EIGHTH AND TENTH FIGURES: (a) Gentlemen's one-hand mill sunwise.

ELEVENTH FIGURE: (a) Big circle sunwise.

b is alike in all the figures.

Finish by dancing in place with own lady, usual position.

THE HATTER (Hattemageren).

North Seeland.

MUSIC: || : 1-8 : || : 9-16 : || : 17-24 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Buzz steps in swings, otherwise skip step.

FIRST FIGURE: (a) Big circle sunwise (1-8, 1-8).

(b) Dancers release hands, partners face each other and stamp three times (left, right, left), then clap hands three times (9-12). Again three stamps and three claps (13-16). Ladies and gentlemen turn to strange ladies and gentlemen, stamp and clap three times, again three stamps and three claps (9-16).

(c) Chain once round (17-24, 17-24).

SECOND FIGURE: (a) Dance in place with own lady, usual position.

THIRD, FIFTH AND SEVENTH FIGURES: (a) Ladies form circle, clasping waists, and dance round sunwise.

FOURTH, SIXTH AND EIGHTH FIGURES: (a) Gentlemen the same.

NINTH FIGURE: (a) Big circle sunwise.

b and c are alike in all the figures.

Finish by dancing in place with own lady, usual position.

JEW DANCE (Jödetur).

Holbek (Seeland)

MUSIC: || : 1-8 : || : 9-16 : || : 17-24 : || : 25-32 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Skip step; buzz step in swings.

STEPS: Skip step; buzz step in swings.

FIRST FIGURE: (a) Big circle sunwise (1-8, 1-8).

(b) Ladies form circle, dance round sunwise (9-16), and then advance toward the centre, whereupon the gentlemen form circle and dance round sunwise (9-16).

(c) Ladies, still holding hands, bend slightly and retreat through arches formed by gentlemen (each gentleman standing to the left of his partner), who now lower hands in front of the ladies, "double ring." All dance round sunwise (17-24, 17-24).

(d) Chain once round (25-32, 25-32).

SECOND, THIRD AND FOURTH FIGURES: (a) Dance in place with own lady, usual position.

FIFTH FIGURE: (a) Ladies' circle sunwise.

SIXTH FIGURE: (a) Gentlemen's circle sunwise.

SEVENTH FIGURE: (a) Ladies' circle sunwise.

EIGHTH FIGURE: (a) Gentlemen's one-hand mill sunwise. Each gentleman puts his left hand on the right arm of the gentleman before him.

NINTH FIGURE: (a) Ladies form circle, clasping waists, and dance round sunwise.

TENTH FIGURE: (a) Gentlemen the same.

ELEVENTH FIGURE: (a) Big circle sunwise, "all the family."

TWELFTH FIGURE: (a) Big circle, waist position, round sunwise, "The nice and sweet time."

b, c and d are alike in all the figures.

At last dancing in place with own lady, usual position.

SIX DANCE (Sextur).

Holbek (Seeland).

MUSIC: || : 1-8 : || : 9-16 : || : 17-24 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Buzz step in swings, chassé; otherwise skip step.

FIRST FIGURE: (a) Big circle sunwise (1-8).

(b) "Leading off." First and second couples (partners in two-hand position) dance with four chassé steps sunwise round each other dos à dos, and back to original position (9-12).

The same for third and fourth couples (13-16).

(c) Chain once round (17-24).

Swings like those in Jew Dance.

b and c are alike in all the figures.

FOUR AND A HALF DANCE I (Halvfemte Tur I).

North Seeland.

MUSIC: || : 1-8 : || : 9-16 : || : 17-24 : || : 25-32 : || : 33-34 : ||

ORIGINAL POSITION: Four couples in quadrille.

STEPS: Walking step, chassé, hopsa; otherwise skip step.

FIRST FIGURE: (a) Big circle sunwise (1-8, 1-8).

(b) First and second couples advance with one chassé and two walking steps and retreat to original position (9-16). Third and fourth couples the same (9-16).

(c) Hopsa half round the set, beginning with "Tyrolese swing": Gentleman holds his partner's left hand in his right, stamps with left foot (she with right) and swing their clasped hands upward and toward centre of circle, both turning slightly back to back. The raised hands of all couples still clasped must meet in the centre of the set (17-24). Repeat (17-24).

(d) Gentleman places right arm round lady's waist, she her left arm on his shoulder; they walk once round contra sunwise (25-28); gentleman swings lady half way round contra sunwise and they walk back sunwise to original position (29-32), "The King's garden."

(e) Partners face each other and bow, turn (gentleman to left, lady to right) and bow to strange lady or gentleman (33-34).

SECOND, THIRD AND FOURTH FIGURES: (a) Dancing in place with own lady, usual position.

FIFTH, SEVENTH AND NINTH FIGURES: (a) Ladies form circle, clasping waists, and dance round sunwise.

SIXTH, EIGHTH AND TENTH FIGURES: (a) Same for gentlemen.

ELEVENTH FIGURE: (a) Big circle sunwise.

b, c, d and e are alike in all the figures.

Finish by dancing in place with own lady, usual position.

FOUR AND A HALF DANCE II (Halvfemte Tur II).

Isle of Falster.

MUSIC: || : 1-16 : || : 17-20 : || : 21-28 : || : 29-36 : || : 37-44 : ||

ORIGINAL POSITION: Row formation, gentlemen standing on the left, ladies on the right, as seen from front.

STEPS: Walking step, chassé, balancé, waltz.

I. First gentleman and lady walk slowly with one-hand position (right hand) once round (eight steps) (1-8), change hands and walk round the other way (9-16).

II. First lady and gentleman facing each other each takes a short step to left and bow deeply to the other (17-18), then a short step to the right and do the same (19-20).

III. First lady and gentleman, hand in hand, run down between the rows, with chassé steps, turn to the left without releasing hands, run back, separate and turn outward, stopping before second couple (21-28, 21-28).

IV. First and second couple take four balancé steps (ladies begin to right, gentlemen to left) (29-36); first lady and gentleman turn and face each other (lady turns to right, gentleman to left) and take four more balancé steps (29-36).

V. First couple waltzes down between the rows (37-44) and back (37-44), stopping before second couple as before.

The dance is repeated, first couple this time dancing the balancés described in IV with third couple, and stopping in front of third couple after the waltz of V.

Third time second couple also dances out, first couple dancing with fourth and second with third as described.

Every second time a new couple starts. When a couple has danced with all the others, it takes its place at the foot of the set.

If many are dancing, every fourth couple may begin at the same time as first.

OXEKOW.

Island of Funen.

MUSIC: || : 1-4 : || : 5-8 : || : 9-12 : || : 13-16 : || : 17-20 : ||

ORIGINAL POSITION: Eight couples in double quadrille.

STEPS: Walking step; skip step unless otherwise specified.

Knees bent and steps springy. Stamps at the beginning and in the middle of a and d, and also when the rows go forward and backward in b, but not in c and e.

FIRST FIGURE: (a) Big circle sunwise (1-4) and contra sunwise (1-4).

(b) First and second rows advance with four slow walking steps, dancers in each row holding hands (5-8). Back to original position, while third and fourth rows advance (5-8).

(c) Third and fourth rows back to original position, first and second rows meanwhile walking toward each other with four slow steps, clapping hands three times (9-10). Standing opposite each other first and second rows stamp three times with right foot (11) and clap three times (12), then go back to original position to give place to third and fourth rows, who now dance the same (9-12).

(d) Each single row forms circle with waist position and dances round sunwise (13-16) and contra sunwise (13-16).

(e) Each circle forms chain (17-20, 17-20).

SECOND FIGURE: (a) Dancing in place with own lady, two-hand position, sunwise and contra sunwise.

THIRD FIGURE: (a) Ladies of each row dance in place with two-hand position, sunwise and contra sunwise.

FOURTH FIGURE: (a) The same for gentlemen.

FIFTH FIGURE: (a) Ladies of first and third rows dance in circle sunwise and contra sunwise—ladies of second and fourth rows the same.

SIXTH FIGURE: (a) The same for gentlemen.

SEVENTH FIGURE: (a) All ladies circle sunwise and contra sunwise.

EIGHTH FIGURE: (a) The same for gentlemen.

b, c, d and e are alike in all the figures, except that d (13-16, 13-16) and e (17-20, 17-20) in fifth and sixth figures are danced by first and third rows together, and second and fourth rows together. In seventh and eighth figures all four rows dance together in d (13-16, 13-16) and e (17-20, 17-20, 17-20).

Finish with big circle sunwise and contra sunwise, ladies pretty side out.

HERMAN BOSSES.

Isle of Bornholm.

MUSIC: || : 1-8 : || : 9-16 : ||

ORIGINAL POSITION: Row formation, gentlemen to the left, ladies to the right, as seen from front.

STEPS: Walking step, running step.

(a) First lady and gentleman advance and slightly press together palms of right hands at height of shoulder, retire and pass behind second lady and gentleman, advance between second and third couples, meeting with palms of left hands, retire around third couple and come forward between third and fourth couples. Gentleman takes lady's right hand in his left (1-8, 1-2), and they run back to their places, separate, pass behind second lady and gentleman and take places between second and third couples (3-8).

(b) First and second couples clap hands once and "tie a knot"; gentleman hooks right arm with own lady—left with coming gentleman—right with own lady—left with gentleman—and returns to same place as at finish of a. Walking steps. Remain in place until music again begins from the beginning (9-16, 9-16).

Second time first couple dances as before, but beginning one place further down and tying the knot with third couple.

Third time second couple comes in, tying the knot with third couple, first couple tying it with fourth.

Every second time a new couple comes in.

First couple takes their place at the foot of the set, after having danced with all the others.

FRENCH REEL.

Horsens (Jutland).

MUSIC: || : 1-8 : || : 9-16 : || : 17-24 : ||

Row Formation, gentlemen to right, seen from front.

STEPS: French reel step, walking step, skip step.

The dance is described as danced by the two first couples, the rest of the set dancing in the same manner and at the same time.

I. First gentleman turns to second and shakes his right hand four times (1-2), then his left hand four times (3-4). Meanwhile first and second ladies do the same.

Ladies and gentlemen advance and shake hands, first right, then left (5-8).

II. Ladies and gentlemen clap own hands—each other's right—own—each other's left—own—each other's right and left—finally own three times (9-12).

Four French reel steps in place (13-16).

III. First and second couples form circle and walk round sunwise (9-12) and contra sunwise (13-16), stamping at the beginning and the turn.

IV. Half chain: (a) Ladies and gentlemen advance with a stamp, (b) gentlemen give right hand to own partner, then left to each other and take position in left row, first gentleman in the place of second lady, second gentleman in the place of first lady. Ladies have in the same manner taken position in the right row (17-20).

All return in the same way, save that at the finish first and second couples have exchanged places in the rows (21-24).

With a stamp gentlemen and ladies change places again, gentlemen forming arch, ladies passing through hand in hand (17-20). Again a stamp and all exchange places, ladies this time forming arch, gentlemen passing through (21-24).

With six couples the order is now as follows:

Second, first, fourth, third, sixth, fifth.

Repeat the dance, first couple dancing with fourth and third with sixth, second and fifth not participating.

With an odd number of couples one remains in place every time, alternately, at the head and at the foot of the rows.

At each repetition of the dance the couples who have just danced together nod to each other before turning to the new ones.

THE LITTLE JUTLANDER (Den lille jyske).

Slagelse (Seeland).

MUSIC: || : 1-4 : || : 5-8 : ||

Danced in couples, usual position.

STEPS: Side step, skip step.

Four very quick side steps forward, at the end of which gentleman throws out his left foot, lady her right, as if dancing mazurka (1); round once with slow skip steps (2).

Repeat and continue as long as desired (3-4, 1-4, 5-8).

THREE MEN'S REEL (Tre mands reel)

Od district (Seeland).

MUSIC: || : 1-4 : || : 5-12 : ||

Dancer by one gentleman and two ladies.

STEPS: Buzz step, reel step, walking step.

FIRST FIGURE: (a) Circle to left with buzz steps (1-4). Seen from front right lady stops to the left of gentleman, facing him, gentleman stops in the middle facing right lady, left lady to the right of gentleman, facing right lady. Three steps' distance between any two of the dancers.

(b) Right lady and gentleman dance reel facing each other (5-11); gentleman stamps three times (12), turns to left lady, dances reel with her (5-11) and stamps again three times (12).

SECOND FIGURE: (a) Chain with quick walking steps (1-4): Gentleman gives his right hand to left lady and takes her place, she gives left hand to right lady, whose place she takes; right lady gives right hand to right gentleman, he left hand to left lady; left lady right hand to right lady, whereupon the latter takes the place in the middle facing left lady, who stands to the left, while gentleman stands to the right.

(b) Right lady dances reel with left lady (5-11) and stamps three times (12); the same between right lady and gentleman (5-12).

THIRD FIGURE: (a) Chain, beginning with right lady giving right hand to gentleman (1-4), ending with left lady standing in the middle facing right lady.

(b) Reel (5-12).

Finally circle to the left with buzz steps (1-4).

MALLEBROK (Duke of Marlborough).

Vendsyssel (Jutland).

MUSIC: || : 1-8 : || : 9-16 : ||

Danced in couples.

STEPS: Chassé, reel.

(a) Polka, with usual position (1-8).

(b) Partners face each other with hands on hips. One chassé to the left, stretch right foot out, clap hands once; one chassé to the right, stretch left foot out, clap hands once (9-12). Reel (13-16).

Repeat b (9-16).

POLONAISE (Jysk paa näsen).

Horsens (Jutland).

MUSIC: | : 1-8 : || : 9-16 : |

Danced in couples with usual position.

Gentleman takes one step forward with left foot, turns to the right on the same, placing right foot behind left; after a very short step to the left and rear with left foot he steps a little forward with right; repeat. Lady begins with the three last steps (right, a quick step with left, right) and continues the way gentleman began.

Continue in same manner, gentleman always beginning with left foot, lady with right.

THE GREAT HAMBURGER (Den store Hamburger).

Himmerland (Jutland).

MUSIC: | : 1-8 : || : 9-16 : |

Danced in couples with usual position.

(a) One polka step to the left (1), after which gentleman throws his right, lady her left, foot out as in mazurka (2). One polka step to the right (3) and once round with circle steps (4).

Repeat (5-8, 1-8, 9-16).

In dancing circle step, the position is slightly altered, gentleman placing his hands at side of ladies' waist, while she places her hands on his shoulders.

FEDER MIKKEL.

Himmerland (Jutland).

MUSIC: | : 1-8 : | : 9-16 : |

Danced in couples with usual position.

(a) One chassé forward, one backward, four side steps forward (1-4). One chassé backward, one forward, four side steps backward (5-8).

(b) After one chassé forward gentleman swings right, lady left foot forward with a little hop (9-10); after one chassé back the other foot is swung out (11-12); two polka steps and twice round with circle steps (13-16).

Repeat (9-16).

In dancing circle step dancers take the same position as in the Great Hamburger.

ACE OF DIAMONDS II (Ruder Es).

Himmerland (Jutland).

MUSIC: | : 1-4 : | : 5-12.

Danced in couples.

(a) After four side steps forward with usual position (1-2) dancers stop, and, without altering position, jerk their bent arms (lady's right, gentleman's left) slightly down, up and down, in time with the music (3-4).

Repeat (1-4).

Dancers take two-hand position and jerk hands slightly to right and left, in time with the music (5-6). Twice round with circle steps (7-8).

Repeat (9-12).

In dancing circle step dancers take the same position as in the Great Hamburger.

HEIDILIT, COME ABOUT (Heidilit, kom herom, or "Te ä fja' Si'e").

MUSIC: || : 1-8 : || : 9-16 : ||

Danced in couples with usual position. One man is chosen to lead.

Polka (1-8); the leader now stamps, whereupon dancers dance to left, but maintain direction around the hall (1-8); the leader stamps again, and all dance to right but in opposite direction around hall (9-16); another stamp, and all polka to left without changing direction around hall (9-16).

The couples must follow each other and maintain their original order.

FIGURE EIGHT (Ottetalsdans).

Himmerland (Jutland).

MUSIC: || : 1-8 : || : 9-16 : ||

Danced by three couples. First couple to the left, seen from front, second to the right facing first, third behind second, also facing first. Three paces between first and second, and between second and third.

Running step.

All begin running at once. First couple "crosses," lady running to the left in front of gentleman, gentleman to the right, second couple passes through, running, hand in hand, to the place of first couple, where it turns without releasing hands, first couple crossing again in front of third, which passes through to place of second, while first takes their place and turns to meet second couple.

For the moment second couple is in place of first, first in place of third, and third running to the place of second.

Without stopping second couple crosses in front of third and then between third and first, both running up the set, partners hand in hand.

Upon any couple reaching the place of first, they turn and cross in front of the approaching couple, then behind them and in front of the next, turn again after having reached the place of third couple and run hand in hand back to the place of first.

CONTRA DANCE I (Kontrassejre).

Slagelse (Seeland).

MUSIC: | : 1-8 : || : 9-16 : || : 17-24 : || : 25-32 : |

Four couples in quadrille.

STEPS: Skip step, buzz step in swings.

FIRST FIGURE: (a) Big circle to the left (1-8).

(b) First and second gentlemen hook right arms and swing round twice with skip steps, stopping in front of their partners, with whom they form arch with left hands, still having right arms hooked (9-16); third and fourth couples run through arch on right and then around through other arch to place, lady leading, gentleman holding her left hand in his right (9-16). First and second gentlemen return to places.

Third and fourth couples form arches in the same manner, first and second couples run through (17-24).

(c) Chain once round with skip steps, gentleman beginning by giving right hand to his partner (25-32).

SECOND, THIRD AND FOURTH FIGURES: (a) Swing in place with own lady, buzz steps, usual position.

FIFTH FIGURE: (a) Ladies' one-hand mill sunwise, each lady in addition places her left hand on the right arm of the lady in front.

SIXTH FIGURE: (a) The same for gentlemen.
 SEVENTH FIGURE: (a) Ladies' two-hand mill sunwise.
 EIGHTH FIGURE: (a) The same for gentlemen.
 NINTH FIGURE: (a) Ladies' circle sunwise, waist clasp.
 TENTH FIGURE: (a) The same for gentlemen.
 ELEVENTH FIGURE: (a) Big circle sunwise, hands joined.
 TWELFTH FIGURE: (a) Big circle sunwise, waist clasp.
 b and c are alike in all the figures.
 Finish by dancing in place with own lady, buzz steps, usual position.

QUADRILLE (Kvadrille).

Slagelse (Seeland).

MUSIC: | : 1-8 : || : 9-16 : || : 17-24 : || : 25-32 : |
 STEPS: Walking step, skip step, buzz step in swings.
 FIRST FIGURE: (a) Big circle sunwise.

(b) First and second couples advance four steps and begin chain, but stop, after having passed each other, gentleman holding strange lady's right hand in his right and own lady's left in his left (9-12); retain this position during two measures (13-14) and go on to opposite place, gentleman still holding own lady's left hand in his left (9-10).

Third and fourth couples do the same, beginning as soon as first and second couples have stamped three times (9-16).

(c) First and second couples advance with skip steps, partners still having left hand position; the two couples form mill, gentlemen joining right hands, ladies the same, and swing once time and a half round sunwise with skip steps, so as to finish in their own places (17-24).

The same for third and fourth couples (17-24).

(d) Chain once round with skip steps (25-32).

SECOND TO TWELFTH FIGURES: (a) As in Contra Dance I; seventh and eighth figures, however, may be changed to ladies' and gentlemen's circles, dancers joining hands.

b, c and d are alike in all the figures.

Finish by dancing in place with own lady, buzz steps, usual position.

CONTRA EIGHT (Kontra Otte).

Slagelse (Seeland).

MUSIC : 1:16, : | : 17-32 : | For 32 the music is played in polka time; for 31 in waltz time.

Four couples in quadrille.

STEPS: Tyrolese step, waltz step, running step.

FIRST FIGURE: (a2) Big circle sunwise with short running steps (1-16).

(b) First and second couples advance with four Tyrolese steps, dance four Tyrolese steps facing each other (17-24) and return to original position with eight waltz steps, gentlemen and ladies separately, turning round each other; gentleman begins waltz steps by passing in front of his lady (25-32).

The same for third and fourth couples (17-32).

SECOND FIGURE: (a1) All four couples waltz once round contra sunwise, usual position (1-16).

(a2) Dancing in place with short running steps, usual position, lady dancing backward (1-8), gentleman dancing backward (9-16).

b is alike in both figures.

Finally waltz.

TWO DANCE (Totur).

Od District (Seeland).

MUSIC: | : 1-8 : || : 9-16 : |

Four couples in quadrille.

STEPS: Chassé, buzz step in swings.

FIRST FIGURE: (a) Big circle sunwise (1-8).

(b) First and second couples take two-hand position and dance with four chassé steps round to left of each other and backward to original position (9-16).

The same for third and fourth couples (9-16).

SECOND, THIRD AND FOURTH FIGURES: (a) Round in place with own lady, buzz step, usual position.

FIFTH FIGURE: (a) Ladies' circle sunwise.

SIXTH FIGURE: (a) Gentlemen's circle sunwise.

SEVENTH FIGURE: (a) Ladies' circle sunwise.

EIGHTH FIGURE: (a) Gentlemen's one-hand mill sunwise, each gentleman placing his left hand on the right arm of the gentleman in front of him.

NINTH FIGURE: (a) Ladies' circle sunwise, waist position.

TENTH FIGURE: (a) Gentlemen's circle, waist position.

ELEVENTH FIGURE: (a) Big circle sunwise.

TWELFTH FIGURE: (a) Big circle sunwise, waist position.

b is alike in all the figures.

Finally round in place with own lady, buzz steps, usual position.

THE FOUR CORNERS (De fire Hjørner).

Seeland.

MUSIC: : 1-16, 17-32.

16 (12, 8 or 4) couples in two rows. Half of each row belongs together and is called a "corner." Usual position. First corner of right row stands with back to front, the other corner facing left; farther corner of left row faces front, while first corner of same row faces right.

STEPS: Side step, waltz.

(a) All change places, running with six side steps to the place of the couples whom they were facing (1-3); gentleman swings lady to the right, stamping three times (4), so as to face same way as the couple whose place they have taken.

Continue this way, until the couples have been in all four corners and are back in original position (5-9, 9-12, 13-16).

(b) Couples waltz, each corner in a little separate circle (17-32).

The dance is repeated several times.

EIGHT MEN'S DANCE (Otte Mands Dans).

Vendsyssel (Jutland).

MUSIC: | : 1-4 : || : 5-12 : || : 13-20 : |

Four couples in quadrille.

STEPS: "The other night's step," skip step in swings.

FIRST FIGURE: (a) Big circle sunwise (1-4), and contra sunwise (1-4), skip step.

(b) "Cross" with skip step through couple to left: third gentleman and lady form arch, each taking a short step away from the other, fourth gentleman and lady do the same; first and second couples cross through, first

gentleman conducting his partner toward fourth lady; first lady passes in front of fourth lady behind fourth gentleman, first gentleman behind fourth lady in front of fourth gentleman, first gentleman passing through the arch, after his partner is through, and in the opposite direction. Meanwhile second couple crosses in the same manner through third (5-8). Dance round in place—first couple in the place of second and vice versa—with usual position and the other night's step (9-12).

Cross back, first couple crossing through third, second through fourth; dance in place with the other night's step (5-12).

Third and fourth couples cross in the same manner through first and second couples (13-20).

SECOND TO NINTH FIGURES: (a) Swing with skip step sunwise and contra sunwise, as in fifth to twelfth figures of Contra Dance I, the three round dances with own lady only being found in very few of the Jutlandic dances. In the mills, however, left hand is not placed on the right arm of the dancer in front.

b is alike in all the figures.

Finally big circle sunwise and contra sunwise, skip step.

KONTRA DANCE II (Kontradans).

Vendsyssel (Jutland).

MUSIC: | : 1-8 : || : 9-16 : || : 17-24 : || : 25-32 : |

Four couples in quadrille.

STEPS: Jump away step, walking step; skip step, where nothing else is designated.

FIRST FIGURE: (a) Big circle sunwise (1-8) and contra sunwise (1-8).

(b) First and second gentlemen swing their ladies round in place, waist position, jump away step (9-15), lift them high in the air and place them back to back in the middle of the circle (16).

The same for third and fourth couples (9-16).

(c) Gentlemen walk with four steps and four hand claps round sunwise to opposite lady (ladies still standing back to back), swing her round in place with jump away steps, waist position, and take the place of the ladies, back to back (17-24). Ladies walk at once with four steps and four hand claps round to left to their partners, with whom they swing, thus ending in the place of the opposite couple (17-24).

(d) Chain once round with walking steps (25-32); partners meeting in opposite place and at end of figure bow deeply to each other.

SECOND FIGURE: (a) Dancing in place with own lady, one-hand position sunwise and contra sunwise.

THIRD FIGURE: (a) Dancing in place with own lady, two-hand position sunwise and contra sunwise.

FOURTH FIGURE: (a) Swing in place with own lady, back clasp, backward and forward.

FIFTH FIGURE: (a) Ladies' one-hand mill sunwise and contra sunwise.

SIXTH FIGURE: (a) The same for gentlemen.

SEVENTH FIGURE: (a) Ladies' two-hand mill sunwise and contra sunwise.

EIGHTH FIGURE: (a) The same for gentlemen.

NINTH FIGURE: (a) Ladies' circle sunwise and contra sunwise, shoulder position.

TENTH FIGURE: (a) The same for gentlemen.

b, c and d are alike in all the figures.

Finally quick polka round the hall (1-8, played in quicker tempo).

TINKER'S DANCE (Kedelflikkerdans).

Vendsyssel (Jutland).

MUSIC: | : 1-8 : || : 9-16 : || : 17-24 : |

Each gentleman two ladies. First three with backs to front, second three opposite them, facing front, third and other threes behind second three, also facing front. As many threes as desired.

STEPS: Tinker's step, the other night's step, skip step, walking step.

(a) First gentleman and his right lady turn toward each other and dance four tinker's steps in place, two-hand position (1-4), then dance round in place, turning to the left, the other night's steps, waist position (5-8).

Gentleman repeats with his left lady (1-8).

(b) First and second threes advance with three steps, stamping on the first, make a little bow (9-10) and retire backwards (11-12). First gentleman lifts both arms, whereupon his right lady turns with skip steps twice round to the left under his right arm, still holding his hand (13-16).

The same for gentleman and left lady (lady turning to the right under gentleman's left arm).

(c) First and second threes form circle, clasping the upper part of each other's arms, and dance sunwise (17-20) and contra sunwise (21-24) with skip steps. Each three form a separate circle and dance round sunwise and contra sunwise, first three at the same time moving round to the left, until in the place of second three, who gain the place of first three in same manner (17-24).

Second time first three dance with third three.

Third time first three dance with fourth three, second with third, a new couple beginning every second time.

After having danced through the row, first three turn round, so as to face front, and wait until next three come up ready to dance. Moving away from front dancers dance as described for first three; approaching front, as described for second three.

If many participate, every fourth three may take position like first three and begin at the same time.

SAILOR'S WALTZ (Matrosvals).

Vendsyssel (Jutland).

MUSIC: | : 1-8 : || : 9-24 : |

Four couples in quadrille.

STEPS: Waltz step, Tyrolese step.

FIRST FIGURE: (a) Big circle sunwise (1-8) and contra sunwise (1-8), Tyrolese steps.

(b) Dancers waltz separately contra sunwise, hands on hips (9-16); on stopping, gentlemen face strange ladies, with whom they "Forge," i. e., clap own hands once—each other's right hands—own—each other's left—own—each other's right and left—finally own four times (17-24).

Waltz separately (9-16); partners forge (17-24).

SECOND TO ELEVENTH FIGURES: (a) As in Contra Dance II, but with Tyrolese steps.

b is alike in all the figures.

Finally hopsa round the hall (1-8, played in quicker tempo).

If the number of couples dancing does not permit the formation in quadrille, all form a circle; in this case seventh and eighth figures are omitted.

TRIANGLE (Trekant).

Horsens (Jutland).

MUSIC: I | : 1-4 : | | : 5-8 : | ; II | : 1-4 : | , 5-12, 13-20 ; III 1-8, 9-16.

Three couples in triangle.

STEPS: Walking step, circle step, running step.

I (a) All join hands and advance four walking steps, arms lifted and hands meeting in the middle of triangle (1-2); four steps back (3-4); circle contra sunwise with walking steps (1-4).

(Instead of walking toward middle dancers may form circle sunwise.)

(b) Chain with walking steps without clasping hands; gentleman passes to left of his partner, and on meeting again, they walk round each other, turn once round to left, back to back, and return in opposite direction (5-8). Hands hanging free.

Repeat, partners this time dancing circle steps with each other, instead of big circle in a; b is not altered.

This is danced a few times, whereupon, without stopping after circle steps, the dance is continued as follows:

II (a) Chain as in Triangle I (1-4).

(b) Circle step (5-12) and polka (13-20).

Repeat II a few times, then, without stopping after polka, continue with

III (a) Chain as in Triangle I, but with running steps (1-8).

(b) Polonaise (Jydsk paa näsen), but omitting the short step on left foot. (After this omission the dance is seen to consist of exactly the same steps as the Swedish Hambopolska, which, however, begins on opposite foot).

Repeat III a few times.

CONTRA MARCH (Kontramarsch).

West Jutland.

MUSIC: | : 1-8 : | , 9-16, 17-24, | : 25-32 : |

Four couples in quadrille.

STEPS: Walking step, skip step.

FIRST FIGURE: (a) First and second couples advance four slow walking steps (1-2); each gentleman releases his lady, gives right hand to coming lady and leads her to the place of the couple on his right (3-4), where they turn separately (gentleman to right, lady to left) once completely round and walk back to the middle, gentleman holding lady's right hand in his left (5-6); from here partners walk back to their places (7-8).

Meanwhile third lady and fourth gentleman meet with slow walking steps in place of second couple (1-2), where they bow deeply to each other (3-4), third gentleman and fourth lady doing the same in place of first couple; return to own places (5-6), partners bow deeply to each other (7-8).

Now third and fourth couples dance as described for first and second, and vice versa (1-8).

(b) Chain once round, skip step (9-16).

(c) Ladies' mill; when half round, lady gives her left hand to opposite gentleman, who places right arm around her waist and swings her round once (17-20), whereafter the mill is again formed and continued until ladies reach their partners, by whom they are swung round (21-24).

(d) First and second couples form "knot" with skip step, i. e., couples advance, gentleman gives right hand to coming lady, passes her and gives left hand to his partner, passes her and gives right hand to coming lady,

then left hand to his partner, after which all return to their places (25-32).

The same for third and fourth couples (25-32).

SECOND FIGURE: (c) Gentlemen's mill (17-24), like ladies' mill before, so that this time ladies swing gentlemen round.

THIRD FIGURE: (c) Swing in place, back clasp, turning forward (17-24).

a, b and d are alike in all the figures.

CITY DANCE (Stadsturen).

Isle of Bornholm.

MUSIC: | : 1-8 : || : 9-16 : || : 17-24 : |

Row formation, gentlemen to left, ladies to right.

STEPS: Chassé, skip step.

(a) First gentleman and lady dance down outside the rows with four chassé steps (1-8), return to places with four chassé steps (1-8). Repeat, but this time inside of rows; on returning they pass quickly around behind second gentleman and lady, come forward and take their places between these and third couple (9-16).

(b) First gentleman and lady advance and swing round in place between the rows, usual position, skip step (17-24). Second couple advances, and all four form "knot," i. e., gentleman gives right hand to his partner—left to other gentleman—right to partner—left to other gentleman—couples return to their places (17-24).

Second time first gentleman and lady dance as at first, but take their places below third couple, with whom they form "knot."

Third time second couple dances in the same manner and simultaneously with first, second couple forming knot with third, first with fourth.

Every second time a new couple joins in.

After having danced with last couple, first couple takes position at the foot of the rows.

Every fourth couple may begin at the same time as first, in which case they count as first couple, with regard to the three couples immediately following.



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