

BUNDNER CHEERAB

(SWISS)

This dance was originally introduced by Jane Farwell. It was presented at the College of the Pacific Folk Dance Camp in 1956 by Walter Grothe, who learned it from Mary Ann and Michael Herman.

MUSIC: Record: Folk Dancer MH 1115A — "Bundner Cheerab"

FORMATION: Circle of cpls, partners facing with both hands joined (not crossed), M back to ctr. Cpls are numbered 1, 2, alternately around the circle, and should be spaced about 4 ft apart.

STEPS: Chasse*, Two-step*

*Described in "Folk Dances From Near and Far" Vols. 1 - VII.

MUSIC 2/4		PATTERN
Measures upbeat & 4 meas		<i>INTRODUCTION</i>
		I. <i>ARCHES</i>
A	1-4	Cpls 2 raise joined hands to form arches (meas 1 - ct 1) while cpls 1 chasse 8 steps LOD, each passing under 1 arch. (Keep arches high for the 4 meas)
	5-8	Repeat action of meas 1-4, with cpls 1 forming arches and cpls 2 going under the arches.
	1-8 (repeated)	Repeat action of meas 1-8.
		Cpls should retain spacing during this figure.
		II. <i>HEEL AND TWO-STEP</i>
		Ptrs face each other, hands on own hips. Directions for M, W opp.
B	9	With a little hop on L ft, place R heel diag fwd on floor.
	10	With little hop on R, place L heel diag fwd.
	11-12	Repeat action of meas 9-10.
A	1-8	In closed pos, dance 8 two-steps turning CW and progressing CCW. (Retain place in circle because of numbering sequence.) End M back to ctr to repeat dance.

RESEARCH COMMITTEE: Dorothy Tamburini and Miriam Lidster.

1. The first step in the process of identifying a problem is to define the problem clearly. This involves identifying the symptoms, the scope of the problem, and the impact it is having on the organization. Once the problem is defined, the next step is to gather information about the problem. This can be done through interviews, surveys, and other research methods. The information gathered should be used to identify the causes of the problem and to develop a plan to address the problem. The final step in the process is to implement the plan and to monitor the results. This involves setting up a system to track the progress of the plan and to make adjustments as needed. The process of identifying a problem is an ongoing one, and it is important to continue to monitor the situation and to make adjustments as needed.