

Cheerful Folk Dances

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City

Arrangements by Walter Eriksson

SIDE 1

HOPP MOR ANNIKA (Sweden)

OPENING FORMATION: Double circle, with boys on inside of circle, ladies standing to right of men, and all facing counterclockwise.



THE DANCE: PART 1: All holding inside hands walk gaily forward 16 steps. Men begin with left foot, girls with right. Coupled hands are swung to and fro, and outside hands are on hips.

PART 2: All skip forward 16 steps and finish facing partner.

PART 3: All stamp on right foot and clap partner's right hand simultaneously.

All clap own hands.

All stamp on left foot and clap partner's left hand simultaneously.

Clap right, clap own, clap left, clap own,

Clap right, clap own, clap left, clap own,

Clap right, clap own, and stamp feet 3 times.

PART 4: Join inside hands, and with a polka step (hop step-together-step) partners move around the circle. Facing each other, man does the polka starting with the left foot, lady with the right. They do a step-together-step and, on the hop, swing inside hands forward to finish in a back-to-back position, ready to do another polka step. Now man starts with the right foot, lady with the left.

Continue to polka, face to face and back to back. Eight polka steps will be used for this figure.

At the end, the man moves forward and takes a new partner for a repeat of the dance.

