

Austrian

MUSIC: Record: FOLK DANCER MH3018

STYLING: This dance is for MEN only.

MUSIC: 3/4 PATTERN

Meas

INTRODUCTION: Raising arms with bent elbows, hands held at head level with palms out, stamp with R ft on 1st quarter note of 1st Meas. Stamp R ft again on 1st beat of 2nd Meas. Then execute a "hochsprung" (high jump), as follows: 1st  $\frac{1}{4}$  note - RH slaps sole of L ft, as ft is raised in back of R leg (small hop on R ft). 2nd  $\frac{1}{4}$  note - LH slaps L thigh, as L leg is kicked fwd straight out & up (hop on R ft). 3rd  $\frac{1}{4}$  note - RH reaches out & slaps sole of R ft, as R leg is kicked up & straight out in front (L leg comes down). (Beats 2 & 3 constitute a scissors kick & legs should be raised so they are straight out from hip & M should get as high off the ground as possible). R ft comes down. There is music added for this action.

PART I: MARCHING LEFT & RIGHT. Form circle by putting RH on upper R arm (bicep) of M in front. (L thumb is thrust through top of suspenders. Walk with deliberate, short marching steps to the L for 7 Meas (4 steps per Meas). On 8th Meas turn to face opp dir, putting LH on upper L arm of M ahead & RH in suspender. March to R for 7 Meas. On 8th Meas turn to face ctr of circle & back away a little, each M standing by himself in "ready" pos (ft tog, arms raised with elbows bent).

PART II: PLATTLE WITH STANDS. While executing plattles, keep these things in mind: Just as much as the hands slap against the feet & thighs, the feet & thighs should come up to meet the hands. The top of the body should be kept straight & erect, with head up. Arms should be bent at elbows, rather than held straight. The hops on the supporting feet are so small & light that your foot scarcely leaves the ground; they are more like bounces.

- 1 Hop on L ft, one hop on each quarter note. Follow this slapping pattern: slap thigh with RH, bend knee to bring thigh to hand (1st  $\frac{1}{8}$ th note). Slap R thigh with LH (2nd  $\frac{1}{8}$ th note). Slap R thigh with RH (3rd  $\frac{1}{8}$ th note). Slap R thigh with LH (4th  $\frac{1}{8}$ th note). Slap sole of R ft, raised behind, with RH (5th  $\frac{1}{8}$ th note). Slap R thigh with LH (6th  $\frac{1}{8}$ th note).
- 2 Repeat action of Meas 1.
- 3 Repeat action of Meas 1.
- 4 Raise both arms, elbows bent, palms fwd at head level. Stamp R ft 3 times (once each quarter note).

5-12 Repeat Meas 1-4 twice more (12 Meas in all).  
For last 4 Meas, repeat plattle pattern of Meas 1 & 2,  
& then do a hochsprung.

PART III: CIRCLING AND KICKING. Form a circle by  
putting hands on upper arm of neighbor on either side  
& turn body to face L. Step on R ft, moving to L, &  
with a little hop on R ft, L ft to kick neighbor (with  
inner side of ft), firmly & deliberately, on the run.  
Then step on L ft.

Do this 7 times & on 8th Meas take 2 stamps to turn &  
face R.

Repeat, going to R, booting neighbor with R ft. On  
8th Meas, face ctr & move away from ctr of circle,  
ready to start the plattle.

PART IV: PLATTLE WITH HOCHSPRUNG.

Execute Meas 1, 2, & 3 of PART II and then do a hochsprung.  
(Note: your R ft does not come down; keep it raised for  
1st step of plattle). Repeat four times.

PART V: CIRCLING AND KICKING.

Repeat PART III.

PART VI: PLATTLE WITH STAMPS.

Repeat PART II.

On the last hochsprung, come down with R knee touching  
floor.

Presented by Millie & Vernon von Kinsky  
Idyllwild Workshop - 1972