

RHEINLAENDER FOR THREE Cont'd

- D. Meas. 17-24 (with repetition) Same as Meas. 1-8 with repetition.
- E. Meas. 25-32
- 25 The man and the right woman dance one rheinlaender step apart he to the left, she to the right (she begins on right foot At the same time the left woman dances 1 rheinlaender step to the right (also beginning on right foot) behind the man.
- 26 Instead of coming back to the right woman the man dances 1 rheinlaender step to the right and turns right about to face the left woman, who is dancing one rheinlaender step left in place and is ready to meet him. The right woman dances 1 rheinlaender step to the left, ready to pass in front of the other two.
- 27-28 The man dances 4 hop steps, turning clockwise, with the left woman in regular dance hold, while the right woman dances with 4 hop steps, turning clockwise, over to the other side, The women finish with their places exchanged.
- 29-32 As measures 25-28. At the finish women are back in original positions.
- 25-32 (Repetition) As measures 25-32 ending in original positions.

THE WHOLE DANCE MAY NOW BE REPEATED.

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SAUERLAENDER QUADRILLE NO. 5

A German Quadrille from Neheim-Husten, Westphalia

When visiting Germany and the German folk dance groups (summer 1956) we saw this dance done by almost all groups in different regions of North Germany and it was always danced with great enthusiasm.

This description has been made for the groups we are teaching and should not be copied without our permission.

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FORMATION: Four couples in a square. NOTE: 1st Couple
1st Couple faces 3rd Couple < ^^ > 4th Couple
music or top of hall. < vv >
2nd Couple

STEPS: "NEHEIMER SCHRITT" (NEHEIMER STEP) as described below
is being used throughout the dance, either going forward or sideways. "Foreward" or "sideways" refers to the second part (second measure) of the N. ST. 2/4 time.

1st Meas. Toes of L foot point in such away that the L foot is at right angles to the R foot (L toes close to R instep) - ct. 1
Now point toes of left foot outward, in such a way that the heel is at right angles with the right foot (close to instep) ct. and
The left heel is placed in such a way that the toes point forward parallel to the other foot - ct. 2
Toes of the left foot touch forward - foot is parallel to the right foot - ct. and
Throughout the maneuvers of the left foot you hop once (on each eighths) on the right foot.

SAUERLAENDER QUADRILLE NO. 5 Cont'd

2nd Meas. WHEN GOING SIDEWAYS
 Step left sideways - ct. 1
 Step right behind left, close to the left foot - ct. "and", close
 in with left foot - ct. 2 and rest - ct. "and"
 WHEN GOING FCRWARD
 Step left fwd. - ct. 1, step right forward - ct. "and" close left
 to right foot - ct. 2 and rest ct. "and". WE ARE DESCRIBING THE
 "NEHEIMER" STEP L E F T only.
 Start L E F T when going to the left.
 Start R I G H T when going to the right.

Introduction:

Meas.

13-14 Honor your own
 15-16 Honor your corner, joining nearest hands as you do so, thus
 forming the circle.

Sauerlaender Quadrille No. 2

I. Meas.

1-2 1st M and 2nd W dance one "Neheimer" Step sideways he to the L,
 she to the R and
 3-4 back to their places with one N.ST., he to the R she to the L.
 5-8 2nd M and 1st W the same
 1-4 3rd M and 4th W the same
 5-8 4th M and 4th " the same
 9-10 M and W of the 1st couple f a c e and do one N.ST. to the R and
 11-12 one N.ST. to the left (finish in original position facing the
 opposite couple)
 13-16 2nd couple the same.
 9-12 3rd couple the same.
 13-16 4th couple the same.

II.

COUPLES EXCHANGE PLACES

1-4 1st and 2nd couples dance toward each other with one N.ST., pass
 on the forward movement of second N.ST. and turn individually on
 the last eighths of meas. 4. Everybody starts this part of R.
 foot.
 5-8 3rd and 4th couples do the same.
 1-4 1st and 2nd couples return to places.
 5-8 3rd and 4th couples return to places.

HANDTOUR RIGHT

9-12 M and " of 1st couple face, join right hands and with two N.ST.
 (begin on outside feet) dance once around to place NOTE: Move
 forward only on second part of N.ST.
 13-16 2nd couple the same
 9-12 3rd couple the same
 13-16 4th couple the same

III.

IN THE THIRD PART. PART I AND II ARE COMBINED

1-4 1st and 2nd couples dance with two N.ST. to opposite places AT THE
 SAME TIME 3rd and 4th couples dance apart to the corners and back
 to place.
 5-8 As M and W of 1st and 2nd couples dance apart--he begins R, she L
 3rd and 4th couples dance forward to opposite places.