

BADNOPSTEKKER

(Bean-stalking)

Dutch Dance

Netherlands

- Source: One of the Ling Physical Education Association booklets
- Record: The Panpipe PD 5701 Side B
- Formation: If your dance group is unevenly divided this dance can be done without partners.
- Styling: Music is written 12/8, with 4 jogging, running steps to a meas. Remember, these dances were usually done in wooden shoes and with heavy clothing. Such equipment dictates a certain down-to-earth style in the dancing. Free Hs are on the hips, fingers fwd, as a rule.

Pattern A

W make a circle by linking arms. M stand around outside of circle, Hs in pockets, watching with more or less interest - an opportunity for pantomime here.

W run L 8 steps and R 8 steps (4 meas).

W jog into ctr 4 steps and out twice (4 meas).

W facing music and W with bk to music dance 8 running steps in place or moving slightly bkwd and fwds; side W close circle into long oval by running to meet each other, 4 steps in and 4 bk. (2 meas).

Side W slightly bkwd and fwd while head W form the oval in the other dir. (2 meas).

Dancers should be in good circle again. All Hs on hips. Tap R heel in front, then step bk with R ft. Tap L heel in front, then step bk with L ft. R heel and ft again and then L heel and ft. (2 meas).

Leave LH on hip, hold skirt slightly out with RH, make a circle starting R and moving CW bk of ptr (if ther is one, otherwise, just make a circle) and around him to join W in circle with linked arms as before.

Pattern B

W repeat Pattern A to and including making the ovals. Instead of doing the heel step they remain in place waiting for the M to join them.

In the meantime . . . M fold arms behind bk and run single file outside W's circle, in opposite direction, reversing direction when W do. While W go in and out first time, M fold arms in front and stamp L ft 4 times, once to each 2 steps of the W. When W go in and out 2nd time M stamp R ft same rhythm.

While W make ovals: M clap once to every 2 steps of the W. Also they tap L heel out in front and close to R ft, R and close, L and close, R and close.

Then M make a small circle starting R, going bk, around, and returning to place, using 8 steps in time with the W but continuing the clapping once to every 2 steps.

Then W wait while M run to join them 8 steps putting arms around 2 W, one on each side. *M link arms in circle with W's* All run bkws with 8 steps far enough so M can link arms in the circle with the W.

Pattern C

All repeat Pattern A up to last 2 meas, all turn L and run 6 steps, joining Hs. Stamp twice in place, facing ctr, Hs high.

--presented by Grace West