

DUTCH
BELLENS DANCE

Circle of couples, CCW men on inside.

Introduction. Bow to partner.

1. Beginning W/Left foot, go forward 3 steps (L,R,L) and lift Right foot.

Then step Backward 3 steps (R,L,R) lift Left foot.

Repeat Again

2. 3 Galop steps away from partner. Men to the LEFT, Women to the RIGHT. 3 Galop steps back to partner.

REPEAT - but 2nd time face each other.

3. Clap own hands twice and then once with partner.

Repeat again.

Clap own hands 4 times and once with partner.

4. Right elbow turn, skip steps back to place.
5. Repeat clapping (#3).
6. Repeat Right elbow turn (#4).
7. Men progressing to next partner and repeat the dance.