

BÜNDNER SIEBENSCHRITT (traditional)  
Switzerland

Music: EP Columbia SEVZ 542 - EP EMI Columbia 016-33514 LP  
048-76144 Ländlerkapelle „Zoge-n-am Boge“ 1961  
LP Ex Libris 12487

Formation: Ptrs are side by side, facing CCW, joining inside hands, free hand on hip

Measures    Pattern  
4 meas      Introduction

FIG 1 (The Seven steps)

- 1-2      Starting with outside ft, 7 small running steps fwd plus a stamp on the inside ft (no weight)  
3-4      Starting with inside ft, 7 small running steps bkwd plus a stamp on the outside ft. Release hands.  
5        Put hands on hips. Both ptrs do a full turn to the side with 3 steps, thus moving away from each other. M to the L (L,R,L). W to the R (R,L,R) plus a stamp (M R, W L).  
6        Step-together-step-hop sdwd twd each other (M starts R, W L)  
7-8      Hook R elbows and turn CW around with 4 step-hops. On the last hop W has to swivel around getting into original pos (side by side again)  
1-8      Repeat action of meas 1-8, but on meas 7-8 hook L elbows, turn CCW  
(repeated) Now the M has to swivel around, getting into dance direction.

FIG 2 ( the Girls turn)

Formation: Varsovienne pos.

- 9        Step-together-step-hop diag fwd to the L. Both start on L ft.  
Step-together-step-hop diag fwd to the R. Both start on R ft. Release L arms, putting them on hips.  
11-12    M gives 2nd finger of his R hand and does 4 steps fwd in dance direction. W turns under the raised joined hands CW with 4 step-hops.  
13-24    Repeat action of meas 9-12 three more times.

The whole dance is done 3 times plus Fig. 1, and you can change pts. When the dance starts again, the M take longer steps, and on the 7th step they meet the next W in front. During the stamp M greet the new W and does the 7 steps bkwd with her, etc.

Description: Louise Witzig 1935 and Swiss Costume Association

Presented by Carmen Irminger