

BÜNDNER SIEBENSCHRITT
(Switzerland)

89

Music: Record: Columbia SEVZ 542, Columbia SEVZ 532.

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

Measures
4 meas

Pattern
Introduction.

FIG I (The Seven Steps)

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|-------------------|---|
| 1-2 | Starting with outside ft, 7 small running steps fwd plus a stamp on the inside ft. |
| 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 hops. On the last hop W has to swivel around getting into original pos (side by side) again. |
| 1-8
(repeated) | Repeat action of meas 1-8, but on meas 7-8 hook L elbows and turn CCW. Now the M has to swivel around, getting into dance direction. |

FIG II (The Girl's Turn)

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| | Formation: Varsouvienne pos. |
| 9 | Step-together-step-hop diag fwd to the L. Both start on L ft. |
| 10 | Step-together-step-hop diag fwd to the R. 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 arms 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 I, and you can change ptrs. 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 smile to the new W and do the 7 steps bkwd with her, etc.

Presented by Carmen Irminger