

BÜNDNER SIEBENSCHRITT

(Switzerland)

Music: Record: ~~Columbia SEVZ 542~~ **EMI 3E016 - 33514**

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

<u>Meas</u>	<u>Pattern</u>
4 meas	Introduction

Figure I. (The Seven Steps)

- 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 R (R,L,R), plus a stamp (MR, WL).
- 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 step 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.

Figure II. (The Girl's Turn)

Formation: Varsouvienne pos.

- 9 Step-together-step-hop diag fwd to the L. Both start on L ft. W moves to M L side.
- 10 Step-together-step-hop diag diag fwd to the R. Start on R ft. W moves back to M R side. Release L arms, putting them on hips
- 11-12 M gives 2nd finger of his R hand to W and does 4 step-lifts 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

FOLK DANCE CAMP - 1970