Der Hinggi

(Switzerland)

Formation:	Trios, M between 2 W, facing CCW. M takes outside hands of W, W outside hand on hip, inner hand on M nearest shoulder.
Steps:	Limping step L: Step fwd L; hop on L; step fwd R. long short long
	Cross step L: Step L sdwd to L, touch R before L. Bourrestep L: Cross L before R and do a hop on L. Step hop R behind L. 1 polka step sdwd L.
	Before heel-toe steps and polka steps do a little hop.
Measure	Pattern
	Figure I
1-2 3-4 5-8 9-16 17-20 21-24 25-32	Heel-toe while hopping on R, and 1 polka step L fwd in LOD. Heel-toe while hopping on L, and 1 polka step R fwd in LOD. 4 limping steps fwd in LOD, start L. Repeat meas 1-8. Join hands in circle of three. Heel-toe and 1 polka step L CW. Heel-toe and 1 polka step R CW. 4 limping steps CW, arms swing fwd and bkwd. Repeat meas 17-24, open circle, all face in LOD.
	Figure II
1-4 5-8 9-16 17-20 21-24	Formation as in Figure I. Repeat Figure I meas 1-4. 6 walking steps fwd, start L. Jump on both feet, hop on both feet. Repeat Figure II, meas 1-8. Join hands in circle of three. Repeat Figure I, meas 17-20. Circle CW with 6 steps, start L (side-behind-side-in-front-side-behind) arms down. Jump on both feet, hop on both feet. Repeat Figure II, meas 17-24, open circle, all face in LOD.
	Figure III
1-4	M: hands on hips. W: hands at skirt. All turn CCW with 4 steps, start L. Ending: inside W face out, outside W face M. M face outside W. 2 cross steps, start L.
5 - 8 9 -1 6	Repeat Figure III, meas 1-4. R hand star (R hand on wrist of person in front). Repeat Figure I,
17-32	meas 17-24. Hands on neighbors' shoulders in circle of three. 4 Bourresteps,
1-32	start L, lean in the direction you start 1st step. Repeat Figure III, meas 1-32.
	Figure IV
1-8 9-16	Formation as Figure I. Repeat Figure I, meas 1-8. Repeat Figure I, meas 17-24.

Figure V

17-24 Repeat Figure II, meas 1-8. 25-32 Repeat Figure II, meas 17-24.

Figure VI

Formation same as Figure I.

1-16

4 Bourresteps in line, start L. On last B step, all turn to face ctr, all join hands in a big circle.

Figure VII

Heel-toe and 1 polka step L and R CW.
4 limping steps CW, swing arms fwd and bkwd.
9-16 Heel-toe and 1 polka step L and R CW. 6 steps CW (side-behind, etc.) Clap twice.