## (Netherlands)

Dance was composed by Femke van Doorn; music by Lex van Tuyl Sr.

Music:

Nevafoon 15024. 4/4 meter. Side 2, band 2.

Four meas introduction.

Formation: Free or in single file lines.

## <u>Cts</u> <u>Action</u>

1-4 Touch R heel sdwd (ct 1); R toe beside L ft (ct 2); R heel sdwd (ct 3); and step on R (ct 4).

5-8 Repeat action of cts 1-4 with L ft.

9-12 Turn both heels out and back (twice).

13 Jump on both ft apart with a 1/4 turn to the R.

14 Clap hands.

15 Jump on both ft together.

16 Clap hands.

Note: After four times, everybody has made a whole turn and can start a variation, for example:

No. 1 Variation: On cts 1,3,5,7 instead of touching heels sdwd, touch toe bkwd.

No. 2: Lift knee on cts 1,3,5,7.

No. 3: Lift knee on ct 1, swing leg on ct 3, and repeat (cts 5,7).

The music has two more repetitions for the children to find their own variations.

Presented by Femke van Doorn