

# MÄRTGASSLER

(Switzerland)

Märtgassler, pronounced Mehrt'-gahss-ler, meaning a small market street, is an elaborate city dance. It was taught by Rosemarie Raths at the 1964 Folk Dance Camp at the University of the Pacific, Stockton, California.

MUSIC: Record: EP 17112 "Amadeo"

FORMATION: Cpls in a circle, W to MR, hands joined low. With 8 cpls you will progress and return to ptr. Otherwise the dance becomes a mixer.

STEPS AND STYLING: MAZURKA: Step L fwd with accent, bending body slightly fwd (ct 1); step R fwd, straightening body (ct 2); with slight hop on R, cross L ft over R instep (ct 3). Keep sole of crossing ft parallel to floor. This step may also begin with R.

SIDE MAZURKA: Step L swd to L with accent, bending body slightly to L (ct 1); step R beside L, straightening body (ct 2); take a slight hop on R and lift L ft close to R ankle (ct 3), keeping sole of L parallel to floor. Keep both ft at right angles to direction of travel. This step may also begin with R twd R.

BALANCE STEP: Step L in direction indicated (ct 1), step R beside L (ct 2), step L beside R (ct 3). Keep knees flexible, giving a little up and down movement to the action. The balance may also begin with R.

RUNNING WALTZ: Three small running steps to a meas (one for each ct) with accent on ct 1.

Waltz\*, Step-swing\*, Slide\*

Whenever free hands are on hips, they are with fingers fwd.

\*Steps described in Volumes of Folk Dances from Near and Far published by the Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco.

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MUSIC 3/4

PATTERN

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Measures:

No Introduction.

A I. CIRCLE L AND R

1-2 Starting L, circle fwd to L (RLOD) with 2 mazurka steps. Accent first cts with stamp L, bending body slightly fwd. Cross L over R on ct 3.

3-4 Continue RLOD with 2 running waltz steps.

5-8 Repeat action of meas 1-4.

9 Still facing RLOD and starting L, dance one running waltz bwd LOD, turning CW to face LOD on ct 3.

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- 10 Dance one running waltz fwd LOD, turning CCW to face RLOD on ct 3.  
11-16 Repeat action of meas 9-10 three more times (4 times total).

A II. CRADLE STEP

- 1-2 In closed pos, M facing LOD, dance 2 balances swd twd ctr and out, M starting L, WR. Gracefully lower joined hands and sway body inward on balance in. Bend elbow and same arms twd you on balance out.  
3-4 Turn once CW with 2 waltz steps, progressing LOD.  
5-8 Repeat action of meas 1-4, Fig II.  
9-16 Repeat action of meas 1-8, Fig II, but waltz turn CCW and progress RLOD. Finish facing ptr with M back to ctr. Join MR, WL with free hand at small of own back.

B III. STEP-SWINGS AND TURN

- 1-2 Starting ML, WR, take 2 step-swings, one twd LOD and one twd RLOD. Swing free ft across (ct 2) with slight lift (ct 3). Swing arms fwd and back, turning first to face LOD, then ptr.  
3-4 Facing ptr, balance away (M twd ctr, W twd wall), and waltz balance twd ptr.  
5-6 Repeat action of meas 1-2, Fig III.  
7-8 Both turn once (M CCW, W CW) under joined hands (MR, WL) with 6 steps progressing slightly LOD.  
9-16 Repeat action of meas 1-8, Fig III. Finish with M back to ctr.

A IV. SIDE MAZURKA

- 1-2 In closed pos, starting ML, WR, dance 2 side mazurka steps. Accent first ct of mazurka with a slight stamp. Remain facing ptr and keep ft parallel.  
3-4 Turn once CW with 2 waltz steps, progressing LOD.  
5-16 Repeat action of meas 1-4, Fig IV, three more times (4 times total). Finish facing ptr, hands on hips, fingers fwd, M on inside.

C V. SLIDES AND ELBOW TURN

- 1 Both starting L, M move LOD, W RLOD with 3 sliding steps.  
2 Step L (ct 1), stamp R twice, taking wt on 2nd stamp (cts 2,3). Finish in front of 3rd person to L, counting ptr as #1.  
3-4 Link R elbows with this person. Starting L, turn once CW with 2 waltz steps.  
5-16 Repeat action of meas 1-4, Fig V, three more times (4 times total). Instead of linking elbows the last time on meas 15-16 give R hands and change places, M pulling W inside to form an inner circle facing in, hands joined and held high in arches. M turn 1/2 CW to form outer circle facing in, hands on hips.

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C VI. SLIDE TO CTR AND CIRCLE L

- 1-2 Starting L and leading with L shoulder, M take 3 sliding steps, passing under arch formed by his ptr R arm. Step L (meas 2, ct 1). Stamp R twice (cts 2,3). W remain in place.
- 3-4 M join hands in inside circle. All dance bwd with 2 waltz steps enlarging circle. M finish with arms raised to form arches. W release hands and place them on own hips.
- 5-8 W repeat sliding action of meas 1-4, Fig VI, but finish with hands joined in single circle, W to MR.
- 9-10 Starting L, circle L (RLOD) with 2 mazurka steps accenting first ct with slight stamp L.
- 11-12 Continue circling L with 2 waltz steps.
- 13-16 Repeat action of meas 9-12, Fig VI, but on last meas, release ML, WR hands. M turns to face ptr as W turns once CCW under ptr joined hands with one waltz step and both bow.