

## Meitschi Putz di

We'll recommend Sonart record #M-302 for this. In the album which contains this record you will find a slightly different set of directions. As the dance sequence is really not frozen by tradition in Switzerland, it's not possible to say that one version is "the authentic" one. The version given here is that danced by the majority of eastern metropolitan groups for the past several years. The authority given for the album description ("as danced by") is rather misleading as I have seen that group dance a couple of other versions of this . . . including one involving kissing!

**Formation:** Couples facing, right hands joined shoulder high; men have backs toward center of the room, ladies facing in.

**Interlude:** There is an interlude of music as an introduction to the chorus; this allows the dancers time to assume the starting position and honor. (The man bows slightly while the lady curtsies.)

**Chorus.** This precedes each figure.

**Man:** Step to the left with the left foot, bring the right foot up beside the left (ankle high), stamp lightly (but sharply) with the right heel with a "bouncing" effect . . . the foot being lifted immediately clear of the floor. **Lady:** The same, but starting to the right with the right foot ..... Bar 1

Repeat, starting to the man's right ..... Bar 2

Man turns in place with 4 step hops while the lady turns under their raised right arms with 4 step hops ..... Bars 3-4

Hooking right elbows and reaching behind own back with left hands, partners join right hand to left in the 'back grasp.' Revolve in this position with 3 step hops; on the last two counts of the measure place right heel forward on the floor and hold ..... Bars 5-6

Bending forward, slap thighs with both hands; turning towards partner clap own hands together. Facing partner, clap both hands against partner's three times ..... Bars 7-8

**Figure 1.**

Holding partner by the upper arms, schottische (3 steps and a hop) to the man's left. Repeat to the man's right ..... Bars 9-10

Turn (clockwise) with partner using step 4 hops ..... Bars 11-12

Repeat action of bars 9-12 ..... Bars 13-16

**Figure 2.**

With inside hands joined, partners take two schottische steps forward ..... Bars 9-10

Still with inside hands joined, man kneels while the lady circles around him with 4 step hops. (counterclockwise) ..... Bars 11-12

With inside hands joined partners take two schottische steps forward ..... Bars 13-14

Lady kneels while the man circles her (clockwise) with 4 step hops ..... Bars 15-16

**Figure 3.**

Separating from each other, partners take one schottische step diagonally forward (man goes left forward, lady right forward.) Return to partner with one diagonally-forward schottische step ..... Bars 9-10

Turn (clockwise) with partner, shoulder-waist hold using four step hops ..... Bars 11-12

Repeat action of bars 9-12 ..... Bars 13-16

**Dance is now repeated.** At the end of the repetition (and the recommended record), the man lifts the girl high in the air, holding her waist with both hands, while she 'boosts' herself up by pushing downwards on the man's shoulders.



## Washington Post

Music: Washington Post March

This item is described in several of the English "Old Time" dance collections; I don't know if they took the dance from the Frisians or if the Frisians imported it from England. The description in the books differs slightly from the dance as done by this group.

This is the Frisian version: couples in varsouvienne position, lady and gentleman perform same step, same foot. Place left heel on floor diagonally forward, bring left foot back, touching left toe in front of right foot. Repeat. Repeat with right foot (twice also). Slide four steps diagonally forward and to the left; as the circle narrows all exclaim: "He-e-e". Slide four steps diagonally forward to the right. Repeat all until the orchestra gives up.