

MIE SMET  
(A Womans Name)

*NETHERLANDIC*

FORMATION: Single circle of couples, hands joined.

STEPS: Walking Steps, Hop Heels .

1. Circle left eight Walking Steps with arms swinging. *Turn, Eight Walking Steps to the Right.*
2. Face partner and join both hands.  
Hop left and slide right heel forward.  
Hop right and slide left heel forward (one hop and heel figure per measure).
3. Do four more hop and heel figures (two to a measure).
4. Repeat the slow heel hops (one right heel and one left heel). Then do four more hop heels figures two to a measure.

Keep repeating the dance until the music stops. This is a good beginners dance for children.