

SELBVIERT
(Switzerland)

Pronunciation:

Music: Record: Au von vieux temps, "Ephrem danse la polka." Frontier FS 33-09 4/4 meter

Formation: Two cpls facing, W to R of ptr.

Meas

Pattern

FIGURE I. (Away and together)

- Both hands on hips, M start L to L, W R to R.
 1-2 Touch (ct 1); lift (ct 2); step (ct 3); together (ct 4); step (ct 1); stamp (ct 2); stamp (ct 3); pause (ct 4).
 3-4 Repeat action of meas 1-2 moving back to place, M start R, W L. Take ballroom pos.
 5-6 With two step-together-step-hops (cts,1,2,3,4) and making 1/4 turn each meas, cpls change places CCW.
 7-8 In opp place, make two turns CW with four step-hops, finish facing same cpl.
 1-8 Repeat action of meas 1-8 returning to place.
 (repeated) End facing LOD, cpl 2 behind cpl 1. M join L hands, W join R hands, inside hands joined with ptr.

FIGURE II. (Coach and horses)

- 9 Beg. M L, W R. Separate with one step-together-step-hop sdwd.
 10 One step-together-step-hop back to place.
 11-12 Change places: Cpl 1 drop inside hands joined with ptr while outside hands remain joined. With four step-hops, M circles to L, W to R, to end behind cpl 2.
 Cpl 2: Four step-hops fwd.
 13-16 Repeat action of meas 9-12 with cpl 2 moving around behind cpl 1.
 9-10 Repeat action of meas 9-10.
 (repeated)
 11-12 Change places: All hands remain joined. Cpl 1: With four step-hops move bkwd under arch formed by joined inside hands of cpl 2.
 Cpl 2: Four step-hops fwd, turning once under own joined hands on last two step-hops.
 13-16 Repeat action of meas 9-12 with cpl 2 moving bkwd under arch formed by cpl 1. At end take ballroom pos, cpls close together, W back to back.

SELBVIERT (continued)FIGURE III. (Bell polka)

- 17-18 Beg. M L, W R, take two step-together-step-hops.
M dance almost in place, leading W across to M's L
on first meas, and back to place on 2nd.
- 19-20 With four step-hops, W change places, passing L
shldrs and turn twice CW with new M in ballroom pos.
- 21-32 Repeat action of meas 17-20 three times (four in all).

Presented by Carmen Irminger.

Dance learned from A. Aenis