

SEPERATØRLÅTTEN
MILK SEPARATOR
NORWAY

TAUGHT BY ALIX CORDRAY AT NORSE HALL, PORTLAND
OREGON DECEMBER 3, 1991.

MUSIC: SEPERATØRLÅTTEN

CASSETTE JOSTEDØLIN HK 7012 PUB. 1982
LP HEILO HO 7012

FORMATION: CIRCLE, NO PARTNERS, ALL FACING
TOWARD CENTER, NO HAND HOLD.

INTRODUCTION: NO ACTION

- I. WITH WEIGHT EVENLY ON BOTH FT AND TOES
POINTED TOWARD CENTER LIFT R TOE AND TAP
IT TO THE R LEAVING HEEL ON FLOOR (CT 1) RETURN
TOE TO ORIGINAL POSITION (CT 2), REPEAT ACTION
FOR CTS 3 AND 4. REPEAT ALL OF PART I
STARTING WITH L TOE AND OPPOSITE DIRECTION.
CTS 1-2-3-4.
- II. LIFT R KNEE AND FT (KNEE BENT) DIAGONALLY ACROSS
IN FRONT OF L (CT 1), PUT BACK IN PLACE (CT 2).
REPEAT (FOR CTS 3+4).
REPEAT ALL OF PART II WITH L KNEE (CTS 1-2-3-4).
- III. FORM LOOSE FIST WITH L HAND, HOLD IN FRONT OF
NOSE, MAKE TURNING MOTIONS IN FRONT OF FACE
WITH R HAND (CTS 1-2-3-4).
REPEAT WITH OPPOSITE HAND POSITIONS (CTS 1-2-3-4).
- IV. SMALL JUMP FORWARD (BOTH FT) PLUS BOUNCE (CT 1-2)
SMALL JUMP BACKWARD (BOTH FT) PLUS BOUNCE (CT 3-4)
- V. FOUR SMALL JUMPS TO MAKE 360° TURN TO R (CTS 1-2-3-4).
REPEAT FROM BEGINNING IN SAME SEQUENCE.

DESCRIPTION BY RUTH NEWBURY 4-12-91