

Source: a choreographed dance by Sybille Helmer, based on traditional steps  
 Translation: The false sailor (from the CD Voetje voor Voetje by Syncoop Records)  
 Meter: 3/4  
 Formation: couples in circle, man on woman's left, face LOD, hold inside hand  
 Introduction: 16 measures  
 Information: in the dance figures the text of the song is interpreted in movements.  
 In figure 1 turning the partner by the R hand is symbolic of the loyalty the steersman swore to his lover Grietje while he would be sailing the sea. In figure 2 the butterfly pos symbolizes his boat.  
 Figure 3: the chain brings you back to your own partner, except at the end, when you continue in the same direction without coming back to the partner. In the song Grietje learns that her steersman is unfaithful to her and therefore she prefers to choose the boatswain.

meas cntFIGURE 1

- 1 waltz step (start with outside ft) in LOD, turn away from partner  
 2 waltz step in LOD, turn twd partner  
 3 drop hands and make a waltz step in LOD, while the woman makes ½ turn to the R and finishes opp of the man facing RLOD, man faces LOD. The woman is slightly outside of the man's pos  
 4 3 steps in place: back-close-front (man R L R, woman L R L)  
 5-8 [ turn the partner by the R hand (shldr height) with 4 waltz steps, one full turn and finish in start formation → *C = d = d etoile man D avec son partenaire*  
 9-16 repeat meas 1-8  
 Finish meas 16 in butterfly pos, man back to ctr, woman facing ctr

FIGURE 2 ('rock the boat')

- 1-2 2 waltz steps fwd in LOD (start with outside ft), the woman passes in front of man and turns under his L-arm (man L hand, woman R hand). In other words: she turns from outside to inside pos  
 3-4 2 waltz steps fwd in LOD, the woman passes in front of man and turns under his R arm (man R hand, woman L hand). In other words: she turns from inside back to outside pos  
 Finish in butterfly pos, man back to ctr, woman facing ctr

**Steps are described for the man, woman does the same with opp ftwrk**

- 5 move sdw in LOD: L side, R behind, L side  
 6 1 keep going LOD: cross R over L  
 2-3 balance to L and R  
 7 move sdw in RLOD: L behind, R side, cross L over R  
 8 1 keep going RLOD: R side  
 2-3 balance to L in LOD and cross R over L  
 9-15 repeat meas 1-7  
 16 1 balance to L in LOD  
 2-3 do a step close, while taking the following pos: face partner, no hand hold, man faces LOD, woman RLOD

**FIGURE 3 ('chain & chain back')**

- 17-18 chain in 2 waltz steps, pass the partner with R hand, next person with L hand. Keep this L hand and make a circle by connecting the R hand to the next person, men face in, women face out
- 19-20 2 waltz steps in place, fwd and back
- 21-22 repeat a chain in 2 waltz steps, continuing in the same direction as before, start with the person on your R hand, pass the next with L hand.
- 23-24 repeat meas 19-20 (waltz fwd and back in place)
- 25-28 repeat meas 17-20, but reverse direction, start with L hand
- 29 do one more chain with L hand
- 30-32 give original partner the R hand on shldr height and make a full turn in 3 waltz steps, finishing in closed ball room pos (woman faces LOD, man back to LOD)

**FIGURE 4**

- 33-40 8 turning waltz steps in LOD (woman starts with R ft, man Lft), finish in start formation (take back inside hand)

**SEQUENCE**

- Figure 1, 2 (melody A)
- Figure 3 (melody B)
- Figure 4 (melody C)
- Figure 1,2 (melody A)
- Figure 3 (melody B)
- Figure 4 2xl (melody D)
- Figure 3 2xl (melody B) meas 17-24

**Attention: at the end this means that figure 3 will be repeated twice in the same direction! You don't come back to original partner.**