

VLEEGERT

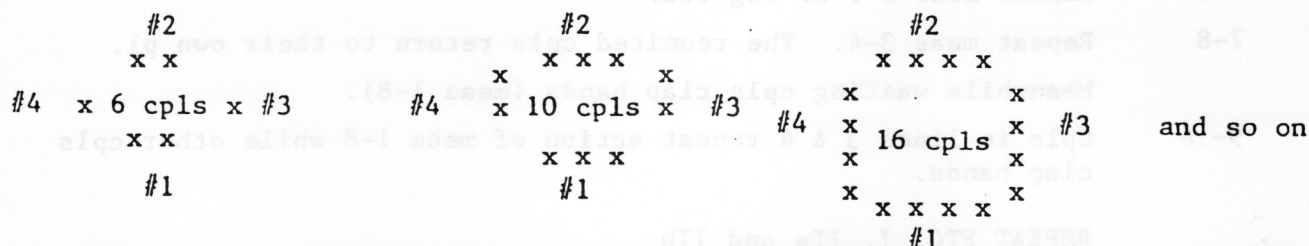
The Netherlands

ORIGIN: Couple dance from the Dutch provinces Gelderland and Overijssel.

PRONUNCIATION: FLAY-churt (ch as in Loch Ness)

Music : - LP Nevofoon 12162 Side A, Band 6  
 - Cassette Jaap Leegwater JL1988.04 # 5

FORMATION: Approx. 6 to 16 cpls in a square, starting with cpls in pos #1, their backs to music; cpls in pos #2 would be across from #1 pos; cpls in pos #3 would be to the R of pos #1; cpls in pos #4 would be to the L of pos #1. Cpls can arrange themselves in lines from 1cpl to more, depending on the number of cpls available as shown in the following diagram.



METER: 4/4

PATTERNS

Meas

INTRODUCTION: 2 meas (8 cts). Cpls take closed circle formation with W on R of M, facing ctr.

FIG. I: BIG CIRCLE

- 1 M starts with L ft, W with R ft, stepping in pl and looking at ea other; then with other ft place heel at instep, no wt, heads nodding as a greeting.
- 2 Repeat meas 1 with opp ftwk, greeting person holding other hand.
- 3-4 Repeat meas 1-2.
- 5-8 Starting with L ft the cir moves in RLOD with 8 sdws gallop steps, arms in W-pos.
- 9-12 The greeting ceremony is repeated, this time starting with pers on other side of ptr.
- 13-16 Starting with R ft the cir moves in LOD in 8 sdws gallop steps. Arriving at orig pl, everybody changes to square formation.

FIG. IIa: COUPLES EXCHANGE PLACES

- 1 In ballroom pos, arms outstretched, the cpls of lines 1 & 2 dance twd ea other in 4 sdws gallop steps, M-L W-R.
- 2 Same cpls return in 4 gallop steps to orig pl.
- 3-4 Same cpls exchange pl in 8 sdws gallop steps, M passing back to back.
- 5-6 Same cpls repeat meas 1-2, outstretched arms pointing away from opp cpl.
- 7-8 Same cpls repeat meas 3-4 and return to orig pl.  
 Meanwhile the waiting cpls clap hands (meas 1-8).

Meas

9-16 Cpls in lines 3 & 4 repeat action of meas 1-8 while other cpls clap hands.

FIG. IIb: THROW OVER YOUR GIRL

1-2 Repeat meas 1-2 of fig IIa.

3-4 Same cpls dance twd ea other in 4 sdws gallop steps, then the W is "thrown over", i.e. the W performs 8 sdws gallopsteps, 4 with her own ptr, and 4 with her new ptr. The M does 4 gallop steps with his own ptr, then pushes her off. M makes  $\frac{1}{2}$  L-hand turn (ccw) to catch his new ptr, and they return to M's pl in 4 gallop steps.

5-6 Repeat meas 5-6 of fig IIa.

7-8 Repeat meas 3-4. The reunited cpls return to their own pl.

Meanwhile waiting cpls clap hands (meas 1-8).

9-16 Cpls in lines 3 & 4 repeat action of meas 1-8 while other cpls clap hands.

REPEAT FIG. I, IIa and IIb

FIG. III: GLIJPOLKA (glide polka)

1-16 In free form cpls dance around the room in ballroom pos or shldr-shldr blade pos, with an almost gliding polka step, accenting ea 1st step (M beginning with L ft, W with R ft).

Dancenotes by Thea Huygen ©1984

Presented by Jaap Leegwater at Maine Folk Dance Camp 1988