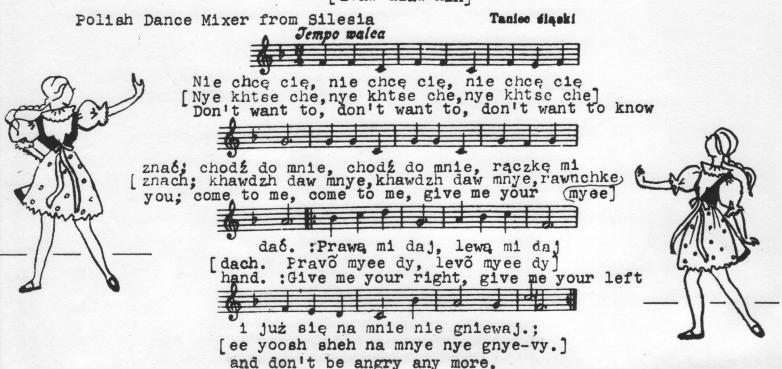


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## DANCE DIRECTIONS

Measures

1-2 Partners move sidewards away from each other with two sliding steps (Boy to L, Girl to R - Note: dance may be done by girls only).

Motion with the hands as if pushing away from each other.

Boy takes one step with L ft, Girl with R ft.

Boy does one stamp with R ft, Girl with L ft.

5-6 Take two sliding steps towards each other, with motions of the hand as if calling each other.

7-8 Boy bows from waist down and spreads his arms wide to the sides, Girl curtsies.

9-10 While shaking R hands, Boy steps to L and bows, Girl steps to R and curtsies.

11-12 Step and bow in the other direction while shaking with L hands.

13-16 Partners join both hands (R with L) forming a small circle or get into social dance position and turn CW with four waltz steps in place or around the room.

17-24 Repeat action of meas 9-16.

The dance is repeated from the beginning, only during meas 5-6 everybody chooses a different partner. People should dance to their own singing, rather than to a record. The dance lasts as long as you wish.

Dance introduced in 1968 by Ada Dziewanowska. Assistance in writing the directions by Mary Ann Herman. Please do not reproduce them without Ada's permission.