

Janni

# Western European Dances

-General Repertoire Class-

S.I.F.D. Summer School  
2002

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## **Oige Ja Vasemba**

**Estonia**

*From the teaching of Aily Eistrat.*

Any number of couples proper in a circle.

Steps: walking.

### **A**

Bars 1-8 All walk to the L. starting L. foot swinging arms.

Bars 9-16 All walk to the R. starting L. foot swinging arms.

Bars 17-24 Women join hands in a circle on the inside walking to the L.  
Men join hands in a circle on the outside walking to the R.

Bars 25-31 Women and Men reverse direction.

Bar 32 Men raise their joined hands. Women, with hands still joined, drop back to the right of their partner. Men lower their joined hands in front of the women.

### **B**

Bars 1-8 All walk to the L. starting L. foot

Bars 9-16 All walk to the R. starting L. foot. End by releasing hands and facing partner.

Bars 17-24 All grand chain around the circle beginning with partner.

Bars 25-32 All half turn with the seventh partner in the chain and grand chain back to original position in the circle.

## De Vleegerd

## Netherlands

*Taught by various sources.*

Four couples proper in a square set. Couples facing each other are respectively *Head* couples and *Side* couples. Adjacent dancers who are not partners are *Corners*.  
Steps: gallops/slip-steps, polka

### A

- Intro.(Upbeat) All join hands in the circle. Partners extend 'inside' leg (Man's R., Woman's L.) towards each other.
- Bar 1 Men place R. heel on the floor. Women place L. heel on the floor. All close feet together and change weight.
- Bar 2 All repeat Bar 1 on opposite feet towards corner.
- Bars 3-4 Repeat bars 1 and 2.
- Bars 5-8 All slip step L. round the circle.
- Bars 9-12 All repeat Bars 1-4 commencing opposite feet; beginning with corner.
- Bars 13-16 All slip step R. round the circle.

### B

- Bars 1-2 Head couples, ballroom hold; 4 slip steps towards each other.
- Bars 3-4 Head couples, ballroom hold; 4 slip step away from each other.
- Bars 5-8 Head couples 8 slip steps across the set, women passing back-to-back.
- Bars 9-16 Head couples, remaining improper, repeat Bars 17-24 from opposite positions to return to original places.

### C

- Bars 1-16 Side couples repeat figure B.

### D

- Bars 1-2 Head couples, ballroom hold; 4 slip steps towards each other.
- Bars 3-4 Head couples, ballroom hold; 4 slip step away from each other.
- Bars 5-6 Head couples, ballroom hold; 4 slip steps towards each other. Head women raise arms and cry out. Head Men make a half turn a/cw.
- Bars 7-8 Head women take ballroom hold with opposite Men. Slip step to man's original position.
- Bars 9-16 Head couples, women in opposite positions and remaining improper, repeat Bars 17-24 to return to original places.

### E

- Bars 1-16 Side couples repeat figure D.

### F

- Bars 1-16 Couples in ballroom hold, slow, flat-footed polka around the set.

## **Picking Up Sticks**

**England**

*Published Playford 17<sup>th</sup> Century as 'Picking of Sticks'. Taught by various sources.*

Three couples proper longways.

Steps: walking, gallops/slip steps, skip-change-of-step

### ***Up and Back a Double***

Bars 1-4 All face up. All lead up and back a double.

Bars 5-8 All repeat Bars 1-4.

### ***First Figure – The zig-zag***

Bars 9-12 Top man walks a zig-zag pattern down the set to change places first with second woman (2 bars) and then with third man(2 bars).

Bars 13-16 All lead up and back a double.

Bars 1-4 First woman repeats the zig-zag pattern down the set changing places with the second man and the third woman respectively.

Bars 5-8 All lead up and back a double.

The figure is repeated in 8-bar phrases; led alternately by the dancers in the original first man's and the original first woman's position, until all are back in original positions. All dancers face up the set throughout the figure except when walking the zig-zag down the set.

### ***Siding***

All face partner.

Bars 1-2 All walk past partner passing L. shoulders. All turn a/cw.

Bars 3-4 All walk back to place past partners passing R. shoulders.

Bars 5-8 Repeat Bars 1-4.

### ***Second Figure – The Inside Out***

Bars 1-8 Third couple, passing R. shoulders, skip-change step round the outside of the set to return to original positions.

Meanwhile:

Bars 1-2 Top couple take two hand hold. Moving sideways, one and a half slip-steps (step, close, step) down the set. Second couple one and a half slip-steps up the set outside the top couple.

Bars 3-4 Second couple repeat Bars 1-2 as top couple. Top couple repeat Bars 1-2 as second couple.

Bars 5-8 Top and second couples repeat bars 1-4.

Bars 9-16 Repeat Bars 1-8 with Top couple dancing round the set and second and third couples changing places. Second couple slip down outside third couple first time.

### ***Arming***

All face partner

Bars 1-4 All link right arms with partner and walk around partner back to place.

Bars 5-8 All repeat linking left arms.

***Third Figure – the Sheepskin Hey***

Bars 1-32

Three women stationary.

Top man leads the men's line round Top woman and into a hey around the three women.

The last man in the line does not complete the hey around the third woman but turns around the second woman to lead the hey back up the set.

Each man finding himself at the end the line turns around the middle woman and leads the hey in the opposite direction until the Top man is once again in the lead.

Top man completes the hey up the set and leads the line of men down the set behind the women and then up the set in front of the women to original positions.

Bars 1-32

Women dance the sheepskin hey around the men.

## **Trommelvals**

**Denmark**

*From the teaching of Aly Bols S.I.F.D. Summer School 2000.*

Three couples proper longways. Top couple facing down the set. All holding inside hands

Steps: running, waltz

### ***Figure 1 – Dip and Dive***

Bars 1-8      Second couple move up the set making an arch. First couple move down the set passing under the arch.  
First couple make an arch. Third couple move up the set passing under first couple's arch.  
All couples continue alternately making and passing under arches until all three couples are back in their original places.  
Each couple, upon reaching either end of the set, turn with the man turning clockwise and the woman passing behind him.

Bars 9-16      Repeat Bars 1-8 ending with all three couples facing l.o.d.

### ***Figure 2***

Bar 1           Partners holding inside hands, waltz away from each other  
Bar 2           Partners waltz towards each other ('Tyrolean Waltz')  
Bars 3-4       Repeat Bars 1-2  
Bars 5-8       Couples take ballroom hold and waltz along l.o.d.  
Bars 9-16      Repeat Bars 1-8

## Neapolitan Tarantella

Italy

*Taught by various sources.*

Couples. Partners facing across line of dance.

Steps: step-swing, 'drop' polka (travelling), 'high' polka (turning)

### **Figure 1**

- Bars 1-2 Each partner set R., set L. arms held high.  
Bars 3-4 Repeat Bars 1-2.  
Bars 5-8 Each, with R. hands on L. side of partner's waist, 4 step-hops clockwise round partner to return to place.  
Bars 9-16 Repeat Bars 1-8.

### **Figure 2**

- Bars 1-4 R. hand in R. hand, woman 4 polka steps round man.  
Bars 5-6 Woman's L. hand in man's R. hand, couple on the spot polka away from each other and towards each other ('drop' polka).  
Bars 7-8 Woman turns clockwise under the joined hands.  
Bars 9-16 Repeat Bars 1-8.

### **Figure 3**

- Bars 1-2 Partners approach to align R. shoulders. Clap (eye level) on Beat 2 of Bar 2.  
Bars 3-4 Partners retire to place. Clap behind the body on Beat 2 of Bar 4.  
Bars 5-8 Couple do-si-do passing R. shoulders first ('drop' polka).  
Bars 9-16 Repeat Bars 1-8.

### **Figure 4**

- Bars 1-7 Couple in ballroom hold polka in l.o.d. ('high' polka).  
Bar 8 Woman turns once under joined hands (Woman's R., Man's L.) *or* Woman turns twice under joined hands (Woman's R., Man's L.) using Bars 7 and 8.  
Bars 9-16 Repeat Bars 1-8

## Maruszka

Poland

*From the teaching of Mrs. V. Stepowicz.*

Any number of couples proper in a circle. Free hands on waist, fingers fwd.

Steps: running, waltz

### **Figure 1**

- Bar 1           Count 1 step R.  
                  Count 3 close L. foot to R. foot.
- Bar 2           Repeat Bar 1.
- Bar 3           Women turn clockwise in three steps.
- Bar 4           All plié.
- Bars 5-8       Repeat Bars 1-4.

### **Figure 2**

- Bar 1           Count 1 step R. foot into circle.  
                  Count 2 Close L. foot to R. foot.  
                  Count 3 step R. on the spot.
- Bar 2           Reverse of Bar 1; out of the circle starting L. foot.
- Bars 3-4       Repeat Bars 1-2 ('Waltz fwd. and back' later this is the pattern of the  
                  'Waltz towards and away' figure 4).
- Bars 5-6       As in Figure 1 : Bars 1-2.
- Bars 7-8       Arms in 'V' hold, bending slightly fwd. 4 running steps to R. starting  
                  R. foot. Finish by closing R. foot to L. foot.
- Bars 9-16      Repeat Bars 1-8 to the L. starting L. foot.

Repeat **Figures 1 and 2**

Man moves in front of Woman to face her across l.o.d. in the final bar of Figure 2

### **Figure 3**

Man holds W.'s L. hand in his R.

- Bars 1-2       Couple repeat Figure 1 : Bars 1-2 Woman starting R. foot, Man  
                  starting L. foot. Bring joined hands across body on first beat of Bar 1  
                  and back extended against l.o.d. on first beat of Bar 2.
- Bar 3           Women turn clockwise under Man's arm in three steps.
- Bar 4           All plié.
- Bars 5-8       Repeat Bars 1-4.

### **Figure 4**

Couple take two-hand hold.

- Bars 1-4       Waltz towards and away (see figure 1 above).
- Bars 5-6       With arms extended couple repeat Bars Figure 3 : Bars 1-2.
- Bars 7-8       Bending slightly towards l.o.d. so that leading arms are slightly lower  
                  than trailing arms, 4 running steps in l.o.d. (starting Woman's R. foot,  
                  Man's L. foot) Finish by closing trailing foot to leading foot.
- Bars 9-16      Repeat Bars 1-8 (dancing in l.o.d. both times).



## **Branle de Cosnay**

**France**

*From the teaching of Pierre Panis.*

Couples proper in a longways set for as many as will.

Steps: side-steps

### ***Figure 1***

- Bar 1 Men facing up the set, women facing down advancing towards partner, all step to the L. with L. foot, close R. foot to L. foot.  
Bar 2 Step L. With weight on L. foot make a half turn anticlockwise.  
Bar 3 All step R., close L. foot to R. foot.  
Bar 4 Repeat Bar 3.  
Bars 5-8 Repeat Bars 1-4, turning clockwise on the second beat of Bar 6.  
Bars 9-16 Repeat Bars 1-8.

### ***Chorus***

All facing partners, take hands in lines.

- Bar 1-2 All step to the L. with L. foot, close R. foot to L. foot, swing R. foot in front of L. foot.  
Bar 3-4 All step to the R. with the R. foot, close L. foot to R. foot, swing L. foot in front of R. foot.  
Bars 5-6 Step L., swing R. foot, step R. foot, swing L. foot.  
Bars 7-8 Repeat Bars 5-6.

### ***Figure 2***

- Bars 1-3 All step to the L. with L. foot, close R. foot to L. foot. Repeat a further two times.  
Bar 4 Step to the L. with L. foot, face a little to the R.  
Bars 5-8 Repeat Bars 1-4 in the opposite direction on opposite feet.  
Bars 9-16 Repeat Bars 1-8.

### ***Chorus***

Repeat all of the above.

## Mellem Kagel Og Vaeg

Denmark

*From the teaching of Jorgen Christensen.*

Three couples proper longways.

Steps: step-hops, pivot swing, step-close-step.

### A

Bars 1-6 Top couple R. hand hold take 4 step-hops to turn round each other once.

Bars 7-8 Top couple cast (each down his or her own side) round the second couple who move up.

Bars 9-16 Top couple L. hand hold take 4 step-hops to turn round each other one and three quarters. Finish with Woman standing between third couple and Man standing between second couple. All facing out of the set, take hands in lines of three.

### B

Bars 1-4 Lines moving out of the set, all walk one step-close-step pattern and turn individually with three steps to face into the set.

Bars 5-8 Lines moving into the set, all walk one step-close-step pattern and take three steps to return to original positions in the set, making a line of men and a line of women. All face out of the set. Take hands in lines of three.

Bars 9-12 Lines moving out of the set, all walk one step-close-step pattern and turn individually with three steps to face into the set.

Bars 13-16 Lines moving into the set, all walk one step-close-step pattern and use three steps to form a circle, 'w' hold.

### C

Bars 1-8 All take 8 step-hops to the L. once around the circle.

Bars 9-16 Original top couple in ballroom hold, pivot swing moving to the bottom of the set. Third couple move up.

Repeat the dance twice led by the original second couple and the original third couple respectively.