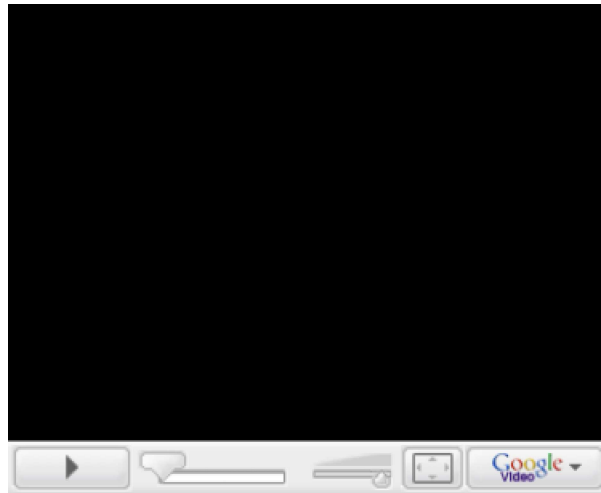




Folk Dancing for Fun



Fjaskern (Sweden)



Formation

Hold inside hands with your partner. Lady is on the right of the man. Face in an anticlockwise direction round the circle, with men on the inside of the circle, ladies on the outside of the circle.

Instructions

1. Holding hands walk 32 steps round the circle.
2. Let go hands and face parner, putting your hands on your hips.
3. Jump slightly, and put the ball of your right heel in front of you whilst putting your weight on your left foot.
4. Jump slightly, and put the ball of your left heel in front of you whilst putting your weight on your right foot..
5. Repeat parts 3 & 4.
6. Clap and swap places with your partner.
7. Repeat parts 3 & 6 three times.
8. Start the dance again.