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LANDLER

(Swiss)

This dance comes directly from Switzerland where it is danced today

- RECORD: Mys Schaezeli (My Sweetheart) Moser Tone, A10048
 Music analysis—A, B, C, each with four phrases of eight measures (32 meas.)
 A, B, C, exactly repeated, and 16 measures to conclude.
- FORMATION: A couple dance. In large groups, couples are arranged in a double circle, partners facing, M facing CCW.
- STEPS: Swiss Waltz, Rheinlander Waltz, Hop Waltz (step-hop-swing)

MUSIC 3/4	PATTERN
Measures:	I (a) <i>Closed Waltz</i>
A. 1-16	In ordinary dance position take 8 Swiss waltz steps turning R, 8 turning L, pro- gressing CCW around room.
1-4	(b) <i>Skating Waltz</i> Skating position: Take one Rheinlander Waltz step diagonally L, starting L ft. and repeat diagonally forward R, starting R ft. Rheinlander Waltz step is—step (ct. 1-2), close (ct. 3), step (ct. 1), swing free ft. forward while lifting on standing ft. (ct. 2-3). 5 Step L and swing R forward while lifting on L. 6 Swing R backward lowering heel of L ft. 7-8 Same, stepping on R ft. and swinging L. 9-16 Repeat Skating Waltz.
B.	II. <i>Sling Waltz</i>
1-8	In closed dance position take 6 waltz steps turning R. On the last step M changes W's R hand to his R. She twirls to her R with 2 more waltz steps while he takes 2 waltz steps in place.
9-16	Repeat Sling Waltz.
1-16	Repeat Sling Waltz two more times.
	III. (a) <i>Hop Waltz</i>
	Position: Both facing CCW, inside hands joined, outside hands on hips.
C. 1-2	Swinging inside hands forward, both take a step-hop on outside foot, swinging inside foot forward. Repeat starting with inside foot and swing arms backward. Body turns very little on the swings.
3-4	One step-hop-swing is repeated—with this variation for the W: stepping on the outside foot, the W moving in front of the M while turning to her R under the forward and high swinging joined hands. Both take one waltz step, the W com- pleting her turn and the M turning slightly in place to face his partner. (Note: the joined hands are dropped after the W completes her step-hop-swing and while taking the single waltz step. Avoid flinging arms in the air). Take closed waltz position.
5-8	Take 4 waltz steps turning R, progressing forward.
9-16	Repeat Hop Waltz.
	III. (b) <i>Twirling Waltz</i>
1-8	Position: Partners facing, M facing CCW. R arms are held high, W grasping M's 1st finger between her thumb and fingers, in a loose grip. L hands are on own hips. W turns R (or L) in a continuous twirling motion 8 waltz steps (two steps to one complete turn), progressing forward. M takes 8 small waltz steps keeping his partner directly in front of him.

LANDLER--Continued

MUSIC 3/4

PATTERN

- (c) *Spinning Waltz*
- Position: Lightly grasp raised R hands and join L hands under them. M's L side, W's R side toward line of dance.
- 9-16 W and M turn one after the other under raised hands (alternating wring-the-dishrag). Two waltz steps for each complete turn, W starts meas. one, M on number two. Turns are quiet and flowing. Each make four turns, the M completing his last turn in one waltz step. Keep arms quiet, avoid letting them windmill.
- A. IV. (a) *Closed Waltz* (b) *Skating Waltz*
- 1-16 Repetition of Fig. I.
- 1-16
- B. V. *Sling Waltz*.
- 1-16 Repetition of Fig. II.
- C. VI (a) *Hop Waltz* (2) *Twirling Waltz* (c) *Spinning Waltz*.
- 1-16 Repetition of Fig. III.
- Concluding Measures
- 1-16 Waltz in closed dance position.