

## FOLK DANCES OF AUSTRIA

**Source:** The dances described below are all simple traditional folk dances written up in many books published in Austria, such as by: Herbert Lager, Anton Novak, Ikla Peter, Erna Schutzenberger, Hermann Derschmidt, Karl Horak, Raimund Zoder, and others. Presented by Walter Grothe.

**Music:** Record: Folk Dances of Austria No. 1 Folkways FW 8837 LP

**SEVEN STEPS**  
(Siebenschritt)

**Music:** Record: FW 8837 LP 4/4 meter

**Formation:** Cpls side by side, facing LOD, inside hands joined shoulder height.

**Steps:** Run, Skip, Step hop.

<u>Measures</u>	<u>Pattern</u>
<u>4</u>	Introduction
1-2	7 short running steps fwd.
3-4	7 short running steps bwd.
5-6	3 short running steps away from each other - M to L, W to R - and 3 short running steps twd each other.
7-8	With 2 hands joined skip once around CW in 4 skip steps, or (in ballroom pos) 4 step hops twice around.
9-10	Same as 5-6 only M moves fwd to next W.
11-12	Same as 7-8 but with new ptr.

Start dance from the beginning.

**PROMENADE**  
(Studentenpolka)

**Source:** Tiroler Volkstaenze by Dr. Karl Horak.

**Music:** Record: FW 8837 LP 3/4 and 2/4 meter

**Formation:** Three people, preferably one M and two W, the odd person in the ctr. Facing CCW, inside hands joined shoulder height, outside hands optional.

**Steps:** Step-swing, Laendler, Running step.

<u>Measures</u>	<u>Pattern</u>
<u>3/4</u>	
1-8	All starting L ft, move fwd Lod with 8 small step-swings.
1-8	M keep moving fwd in laendler steps, W turn twd M under
(repeated)	joined hands, one turn with two laendler steps (4 turns)
9-16 (2/4)	Right W moves thru door formed by M and Left W with 4 small running steps; then Left W moves thru door formed by M and Right W. M turns with them half CCW and CW. Repeat.
9-16	M hooks R elbow with Right W with 4 running steps, then L elbow with Left W moving in a figure eight. Free W turns by

## PROMENADE (cont)

herself in same direction as started by M. Repeat.

Repeat from beginning

### KUCKUCKS - POLKA (Cuckoo Polka)

Music: Record: FW 8837 LP 2/4 meter

Formation: Cpls facing LOD in Varsouvienne pos.

Steps: Heel toe. Polka.

<u>Measures</u>	<u>Pattern</u>
1-2	Both do a heel and toe and a polka step to the L.
3-4	Same to the R. In executing the first 4 meas the M moves behind the W to the L and to the R.
5-6	One polka step to the L and one to the R, M moving same as above.
7-8	Drop L hands, W makes 1 turn CCW under joined R hands and ptrs resume original pos.

### MAINZER POLKA

Music: Record: FW 8837 LP 2/4 meter

Formation: Double circle facing LOD, inside hands joined and held shoulder height.

Steps: Walking, Two-steps, Skipping or Pivot.

<u>Measures</u>	<u>Pattern</u>
1-16	<u>PART I</u> Ptrs walk CCW 2 steps to a meas, 32 steps in all.
1-4	<u>PART II</u> Moving diag away from each other, M twd L, W twd R, with a two-step and M progressing fwd to next W, while W return to orig place with a two-step. Join two hands with new ptr and skip once around CW in 4 skips (or ballroom pos and do 4 pivot steps CW, 2 turns).
5-8	Walk with new ptr 8 steps CCW.
9-32	Repeat Part II three more times (4 in all).
1-16	<u>PART III</u> Repeat meas 1-4 only of Part II four times.

Repeat dance completely from beginning.