

MIE KATOEN or BOERENCARREE

(Belgium - Flanders)

Music: Record: "Dans met ons ..." S220

Formation: Quadrille-dance; four cpls in square formation, M with ptr on R.

FIRST FIGUREGreetings

- A 1-2 Head cpls (inside hands joined at shoulder height and free hands on hips) four steps fwd (beginning L); M bow and W curtsy.
 3-4 Head cpls four steps bkwd.
 5-8 Side cpls repeat action of meas 1-4.

Cross over and star

- B 1 Head cpls one two-step fwd, release hands and
 2 head cpls two walking steps fwd and pass through (each passing his opp by the L shoulder - M down the middle).
 3 Head cpls, inside hands joined, one two-step fwd.
 4 Head cpls CCW half turn with two steps without change of hand hold.
 5-8 Head cpls join hands to form circle of four, eight slides CW around ending in original pos.

Three opposite to one

- C 1-2 Cpl 1 hands on shoulders of ptr, four slides to the opp cpl.
 3-4 M 1 places W 1 beside M 3 and cross arms before the chest.
 5-8 M 1 bkwd with eight walking steps.

Visit

- D M 3 R hand on R hand of ptr and L hand on L hand of opp W, W join inside hands behind M's back.
 1-2 Trio two two-steps fwd.
 3-4 Trio two two-steps bkwd.
 5-8 M 1 four two-steps fwd to opp trio.

Circle

- A 1-8 M 1 and trio join hands to form a circle of four, sixteen slides CW around (two turns), swinging arms in and outward. The two cpls end on their original places.

MIE KATOEN or BOERENCARREE (continued)

A+B+C+D+A Side cpls repeat whole the first figure; at the end, all stamp once (M with L ft and W with R ft).

SECOND FIGUREMan alone

A 1-8 M 1 (arms crossed before the chest) with eight two-steps fwd, through between M3 and W 3, to the L around W 3 (she follows him turning on the spot) and back again to own place.

Swing arms, change places and back again

B 1-4 M 1 (turning CW) and M 3 face opp W, join L hands and swing the arms eight times in and out.
 5-8 M 1 and M 3 promenade pos with ptrs, change places (CCW) with four two-steps.
 9 Head cpls one two-step fwd to the ctr.
 10 Head cpls two walking steps fwd (stamping!).
 11-12 Repeat action me as 9-10 bkwd.
 13-16 Head cpls change places (CCW) with four two-steps.

Polka

C 1-8 Head cpls hands on ptrs shoulders, polka steps turning CW and progressing CCW.

Circle four

A 1-8 Head cpls join hands to form circle of four, sixteen slides CW around (two turns!), swinging arms in and out; end on original places.

A+B+C+A Side cpls repeat whole the second figure; at the end, all stamp once.

THIRD FIGURECross-over

A 1-4 Head cpls hands on ptrs shoulders, change places (CCW) with eight slides, release hands, front to the ctr.
 5-8 Side cpls repeat action meas 1-4.

MIE KATOEN or BOERENGARREE (continued)

- Touch heel
- B 1 M (arms crossed before the chest) touch R heel fwd, leaning body back and looking over own R shoulder to ptr. W do the same with opp ftwork and looking over L shoulder. M close R ft beside L and W L ft beside R.
- 2 Repeat action meas 1, reversing direction and ftwork.
- 3-4 Repeat pattern of meas 1-2.
- 5-8 Continue the same movements, but turning on the spot (M CCW and W CW).
- 9-16 Repeat pattern of meas 1-8.

- Cross-over to places
- A 1-4 Head cpls hands on ptrs shoulders, return to own places with eight slides.
- 5-8 Side cpls repeat action meas 1-4.
- A+B+A Repeat the whole third figure, but side cpls start. At the end, all stamp once.

FOURTH FIGURE

- Away from ptr and toward ptr
- A 1 M (arms crossed before the chest) and W (hand on hips) two step-draw steps (M to the L and W to the R).
- 2 Three stamps (M: L, R, L and W R, L, R).
- 3-4 Repeat action meas 1-2 in opp direction.
- 5-8 M three turns on the spot CCW and W CW with six step-hop steps. End with three stamps.
- Heel and toe and schottische
- B1 1 Ptrs open folk dance pos, heel of inside ft fwd, leaning body back, point inside ft bkwd leaning body fwd.
- 2 One two-step fwd to the ctr.
- 3-4 Repeat action meas 1-2, beginning with outside ft.
- 5-6 Cpls arms on ptrs shoulders, turning CW back again to own places with two schottische steps.
- 7-8 Cpls turn on the spot CW with four step-hop steps.
- Drive up the women
- B2 1-4 All 1/4 turn to the R, W hands on hips, four schottische steps fwd, moving CCW (beginning R ft), look at their ptr alternately over their L and R shoulder. Meanwhile the M (arms crossed before the chest) follow the W with two large steps (beginning L), driving the W up and with three little stamp steps fwd. Repeat this movement.

MIE KATOEN or BOERENCARREE (continued)

5-8 W turn CW with schottische steps moving CCW, while M continue their movements of updriving.

Schottische around and big circle.

A 1-4 Cpls, hands on ptrs shoulders, four schottische steps turning CW and moving CCW.

5-8 All join hands in a big circle, CW around with running steps. End: three stamps and arms high over head.

Presented by Huig Hofman

MIEKE, WILLEN W'EENS DANSEN?

(Belgium - Flanders)

Music: Record: "Dans met ons ..." S222.

Formation: Circle dance, single circle of cpls, facing ctr, hands joined.

MeasuresPatternTo and fro

A 1-2 Two running steps and one step-hop to the L (beginning L), forearms swinging up and down twice.
3-4 Repeat action 1-2 to the R (beginning R).
5-6 Repeat action 1-2.
7-8 Three running steps to the R (with forearms swinging).

On the spot and turn

M arms crossed before the chest, W hands on hips.
B1 1 One two-step on the spot, making 1/4 turn to the L.
2 One two-step on the spot, making 1/2 turn to the R.
3-4 Four running steps on the spot, making 5/4 turn to the L.
5-6 Hands joined in a circle, one schottische step to the L, swinging forearms up and down.
7-8 Three running steps to the R, swinging forearms.
B2 1-8 Repeat pattern B1.

C1 1 R ft fwd.

2 L ft fwd.

A+B1+B2 Repeat pattern A, B1 and B2.