

gd 4 adults also

sheep sound melody
HAY' rcb

DE APPEZELLER CHEERAB
(Switzerland)

** Real or authentic music has different note that sounds odd = 1/2 way between F & F#*

Music:

Record: *Special but sounds to me like some music from France, esp*

Formation:

Cpls in 2 circles, boys inside facing out, girls outside facing in. Cpls have to be numbered: 1-2-1 etc. All #1 cpls take ordinary ballroom pos (or two-hand hold with children). All #2 cpls hold hands and make high arches. Dancing with children, girls can also dance with girls, or boys with boys, as ptrs have the same steps.

Measures

Pattern

1-4

All #1 cpls:

Make a matterhorn
8 gallop steps sdwd in LOD, boy L, girl R, *or into - Matinee* passing under 1 arch. Separate and build arches.

All #2 cpls:

Build arches, after take ballroom pos.

5-8

Same as meas 1-4, but #1 cpls build arches and #2 cpls do the 8 gallop steps.

1-8

Repeat action of meas 1-8.

(repeated)

9

step fwd
All put hands on own hips, ptrs face each other with a distance of about one ft in between. Put L heel fwd. Step on L. *step R*

10

Put R heel fwd. Step on R.

11-12

Repeat action of meas 9-10.

13-15

change place
Cpls hook R elbows. 1 1/2 turn CW with 6 steps, starting L. *end M outside*

16

Drop arms, separate with 1 step, standing on opp place, 1/2 turn CW to face each other, end with 1 step R. *head L*

9-12

Repeat action of meas 9-12.

(repeated)

13-16

Hook L elbows. 1 1/2 turn CCW with 8 steps, start L, end with a stamp.

You may find the same dance for adults, then a waltz is added at the end. *8 turning CW, 8 CCW = On same reel as Anndli*

Song:

Jiez macht me no de Cheerab, de Cheerab, de Cheerab
jiez macht me no de Cheerab, de Cheerab, de Cheer. Trala-la...

Presented by Carmen Irminger