

# RUSSEN

-- SEVEN STEPS -- Austrian

Formation: double circle - partners - facing counterclockwise -  
inside hands joined (men on inside)

Action:

I. Run with light steps forward seven steps, pause on the eighth step, run backward seven steps, pause on eighth step. (inside person on right foot, outside person on left foot)

II. Release hands. Run three steps away from partner (opposite footwork).

III. Turn facing partner. Run three steps toward partner.

IV. Join both hands. Dance 4 step-hops around.

Repeat parts III and IV.

Repeat entire dance.