

SEVEN STEPS (RUGGEN)

North European - Couple or Mixer

RECORD: FOLKRAFT #1163 x 45B.

FORMATION: Circle of couples, facing counterclockwise.

STARTING POSITION: Inside hands joined, outside foot free.

MEASURES

Music A

FIGURE I

- 1-2 SEVEN RUNNING STEPS FORWARD, starting with outside foot, pausing on last count.
- 3-4 SEVEN RUNNING STEPS BACKWARD, starting with inside foot, pausing on last count.

Music B

FIGURE II

- 1 A SCHOTTISCHE STEP or THREE RUNNING STEPS, starting with outside foot moving AWAY FROM PARTNER.
- 2 A SCHOTTISCHE STEP or THREE RUNNING STEPS, starting with inside foot, RETURNING TO PARTNER.
- 3-4 FOUR STEP-HOP STEPS TURNING CLOCKWISE WITH PARTNER in shoulder-waist position. If Running steps are used throughout in the dance then join both hands with partner and swing once around to place with eight Running steps or four Skipping steps.
- 5-8 Repeat pattern of Measures 1-4.
(repeated)

-AS MIXER-

Music A

FIGURE I

- 1-4 Same as above.

Music B

FIGURE II

- 1-4 Same as above.

Music B

(repeated)

- 1 A SCHOTTISCHE STEP or THREE RUNNING STEPS, starting with outside foot, moving away from partner, MAN ADVANCING TO WOMAN AHEAD,
- 2 A SCHOTTISCHE STEP or THREE RUNNING STEPS, starting with inside foot, TOWARD NEW PARTNER,
- 3-4 FOUR STEP-HOP STEPS TURNING CLOCKWISE WITH NEW PARTNER in shoulder-waist position.

REPEAT DANCE FROM BEGINNING WITH NEW PARTNER.

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