

Presented by Elsie Dunin

LÄNDLER
ZILLERTALER ~~LÄNDLER~~

Austrian

- SOURCE:** Introduced by the Austrian Students during the 1951 Good Will Tour. Presented at the 1951 Folk Dance Camp by Walter Grothe as taught to him by Margret Krebs, one of the Austrian students. This dance, one of the many Austrian Ländlers, originated in the Zillertal, a very beautiful valley in Tyrol.
- MUSIC:** Record: Victor 25-4147A "Schwanthaler Hoher"
- FORMATION:** Couples in double circle, standing side by side, facing CCW. Inside hands are joined a little below shoulder height, arms outstretched, elbows slightly bent. Outside hands are placed on hips.
- STEP:** The Ländler waltz, which is used throughout the dance, is a waltz step executed as smoothly and quietly as possible with a slight accent (not a stamp) on the first beat. It is danced on the whole foot, flat footedly rather than on the toes, with no swaying of the body. There must be a continuous, even flow of movement all through the dance.

Music (3/4)	Pattern
meas	
4	INTRODUCTION
1-2	I. WALTZ, WOMAN TURNS
	Beginning outside ft., waltz fwd. 2 steps, swinging joined inside hands fwd. on meas. 1, bwd. on meas. 2.
3-8	M continues to waltz fwd. CCW while turning W to her R (CW) under their raised joined hands. W moves in front of M as she turns 3 times.
	II. WALTZ, SWING ARMS
9-16	Partners face each other in single circle, M still facing CCW, W CW. They join both hands (W R in M L, W L in M R), holding them close so that W can touch her two thumbs. Swing joined hands, which are held straight, into the center and out as they waltz, progressing CCW for 8 meas.
	III. WOMAN TURNS UNDER, WALTZ AROUND
17-20	Keeping both hands joined, M raises R arm and W turns L (CCW) under her L arm and continues to turn L until her L arm is extended across M chest, L hips adjacent. Arms are held fairly high, R elbows are pulled out so that there is almost a straight line from M R to W R elbow. On these 4 meas. W has made 3/4 turn L to face center of circle, M one-fourth turn R to face outside.

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III. Woman Turns Under, Waltz Around (cont'd)

- 21-24 Circle once in place CCW with 4 waltz steps.
- 25-28 With hands still joined, M raises his R arm and W turns CW under her L arm, then M raises his L arm and W continues turning CW under her R arm until her R arm is across M chest, R hips adjacent. On the last 4 meas. M has made one-half turn L in place to face center of circle. W has made one and one-half turns to R to face outside.
- 29-32 Circle once in place CW with 4 waltz steps.

IV. THE KNOT

- 33 With hands still joined W makes three-fourths turn L to unwind and face M who has made one-fourth turn R to face LOD.
- 34 W kneels on her R knee, lowers her R hand and raises L.
- 35 M steps over the joined lowered hands (W R, M L) on R ft. as he starts to turn L.
- 36 M steps over the lowered hands onto L ft.
- 37-39 While W rises slowly to her ft., M, without releasing hands*, places the joined hands under his R arm pit and continues to turn L (CCW) twice, in bent over position.

*Note: M must stay in bent over position and goes between the W open arms as he faces her.

- 40 M straightens to upright position as W unwinds by turning once R (CW). They now drop hands and rejoin them in crossed position, R over L, holding them high.

V. WOMAN LEADS AROUND

- 41-44 M, dancing in place and facing LOD, keeps their joined R hands high, passing them over his head as he leads the W CCW around behind him until she finishes at his R side. Simultaneously, the joined L hands are placed on the M L hip.
- 45-48 Keeping the joined R hands fwd. with the elbows rounded and at chest level, W leads M as they turn L (CCW) once in place with 4 waltz steps.
- 49-52 M maneuvers W behind him from his R side to his L so that their joined L hands are now well fwd. (elbows rounded) and joined R hands are placed on M R hip.
- 53-56 W leads M as they turn R (CW) once in place with 4 waltz steps.

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VI. BACK OUT AND LITTLE WINDOWS

- 57-58 M, still facing LOD, steps bwd slightly as he draws his R elbow towards his R side and lifts their joined R hands over his head. At the same time with his L hand M draws W in front to face him.
- 59-60 Keeping joined hands held together high, R over L, W turns one and three-fourths to her R (CW) as M turns one-fourth to L so that R hips are adjacent and R upper arms are held together (W resting on M). Joined L hands are lowered to rest on "sill" (upper arms) as M and W peek at each other through the triangular shaped window.
- 61-64 M says "Guck-Guck" (meaning: "Look at me") as they waltz around, each other CW.
- 65-68 M faces LOD as they raise joined L hands up under the joined R hands. W turns L two and one-half times and M turns one-half to R to finish with L hips and L upper arms adjacent (W resting on M). R hands are lowered to "sill" and they peek through window.
- 69-72 W. says "Guck-Guck" as they waltz CCW around each other.

VII. BIG WINDOWS

- 73-76 Raise R hands up under L and W turns 3 times to her R. On meas. 75 (3rd turn) the joined R hands are lowered. Retaining hand hold, on meas. 76, turn is completed as M makes one-fourth turn L to finish with R hips adjacent, M R arm across W lower back to form support. Joined L hands remain high forming big window.
- 77-80 As they waltz CW around each other M steals a kiss-if he can.
- 81-84 W turns 3 times to her L to form another big window: Meas. 81- As W turns once to L they raise R hands. Meas. 82 - On 2nd L turn all hands are held high. Meas. 83- L hands are lowered on 3rd turn to form support for W back and turn is completed as M turns one-half to R on meas. 84. Joined R hands remain high to form big window.
- 85-88 As they waltz CCW around each other, W, not to be outdone, reciprocates with a kiss.

VIII. WALTZ

- 89-96 Drop hands, assume Landler position, supporting each other on shoulder blades, fingers turned in, arms high and round, elbows out, W arms resting on M. Dance Landler waltz CW and progressing CCW.
- 97-192 Repeat entire dance. At finish M lifts W high using straight arm lift: M L and W R arms are held stiff and straight down. W L arm on M R shoulder, M R hand on W L hip. W pushes herself straight up as M lifts her and then he guides her straight down.

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