

SEVEN JUMPS

(Denmark)

Record: A-B-C 3007.

Formation: Single circle, facing ctr.

<u>Meas</u>	<u>Action</u>
	<u>Figure A</u>
8	Step-hop CCW.
8	Repeat in opp direction.
	First Jump:
1st note	Place hands on hips and raise the R ft, bending the knee at a R angle.
2nd note	Stamp R ft
3rd note	Join hands in preparation for continuation.
	<u>Figure B</u>
	Repeat Figure A
	Second Jump:
3rd note	Raise the L ft, bending the knee at a R angle.
4th note	Stamp L ft.
5th note	Join hands in preparation for continuation.
	<u>Figure C</u>
	Repeat Figures A and B
	Third Jump:
5th note	Place the R ft back.
6th note	Kneel on the R knee.
	<u>Figure D</u>
	Repeat Figures A, B, and C
	Fourth Jump:
7th note	Place the L ft back.
8th note	Kneel on the L knee.
	<u>Figure E</u>
	Repeat Figures A, B, C, and D
	Fifth Jump:
9th note	Place the R hand on the R side of the face.
10th note	Place R elbow on the floor.
	<u>Figure F</u>
	Repeat Figures A, B, C, D, and E
	Sixth Jump:
11th note	Place the L hand on the L side of the face.
12th note	Place the L elbow on the floor.

SEVEN JUMPS (continued)

Figure G

Repeat Figures A, B, C, D, E, and F

Seventh Jump:

13th note Bend fwd touching the forehead on the floor.

14th note Hold this position.

Repeat Figure A.

NOTE: Following the last jump, before repeating Figure A, skill is needed to jump to position to repeat the dance.

In Denmark this dance is done by men as a contest with one man challenging others. Usually three to six form a group. Those making mistakes (talking or moving without the music) must treat the others in the group. After pupils have learned the dance they will enjoy this element of challenge.

Presented by Vyts Beliajus

BLEKING

(Sweden)

Record: A-B-C 3007.

Formation: Single circle, ptrs facing, with both hands joined.

MeasActionFigure A

- 1 (1) Hop on the L ft placing the R heel fwd and extend the R arm.
Hop on the R ft and extend the L ft and arm.
- 1 (2) Repeat the step with three quick changes, hopping L,R,L.
- 6 (3) Repeat steps 1 and 2 three times.

Figure B

- 8 With hands joined, arms extended sdwd shoulder high, ptrs turn in place with a step-hop, etc. The boy starts on his R ft, the girl on her L. The body is inclined twd the side taking the hop, and the arms move up and down in windmill fashion. Swing the free ft sdwd, keeping the leg straight.

Presented by Vyts Beliajus