

BLEKING

Swedish Folk Dance LS E-9 Formation: Double circle of partners facing each other; boys with back to center, both hands joined with partner.

DANCE

Meas. (2 counts per measure.; i.e., 1 = 2 counts

1 Hop on left foot and place right heel forward, thrusting right arm forward and pulling left elbow back vigorously, a slight jump onto right foot placing left heel forward, thrusting left arm forward and pulling right elbow back vigorously;

2 Repeat pattern of Meas. 1 in double time making three quick changes, alternating heel (right, left, right) forward;

3- 4 Repeat pattern of Meas. 1-2, reversing footwork and armwork;

5- 8 Repeat pattern of Meas. 1-4; finish facing partner, both hands extended sideward with hands joined.

9-12 Turn clockwise with partner with eight step-hops moving arms down and up “windmill” fashion with each step-hop;

13-16 Turn counterclockwise with partner with eight step-hops in the same manner.

To make the dance progressive, girls may move in LOD to a new partner on Meas. 16.

SUMMARY

1 Right heel, left heel;

2 Right, left, right;

3- 4 Left heel, right heel; left, right, left;

5- 8 Repeat Meas. 1-4;

9-12 Step-hop turn;

13-16 The other way, step-hop turn.