

BAANOPSTEKKER

(Bean Stalking)

DUTCH DANCE

This dance was presented at the 1957 C.O.P. Folk Dance Camp at Stockton by Grace West Newman, whose source is one of the booklets published by the Ling Physical Education Association.

- MUSIC:** Record: The Panpiper PD 5701, side B
- FORMATION:** Dancers are in a double circle, all facing the ctr. The W are on the inside, L hand on hip, R arm linked through the L arm of adjacent W. M are on the outside, hands in pockets, about three feet apart from the inside circle. Extra people may join the dance without ptr.
- STEPS:** Easy jogging running step, heel tap.
- STYLING:** Music is counted 4 beats per measure and danced with 4 jogging, running steps per meas. These dances were usually done in wooden shoes and heavy clothing, which dictates a down-to-earth style.

	MUSIC 12/8	PATTERN
	Measures	
	1-2	<i>INTRODUCTION</i>
		I. <i>WOMEN CIRCLE</i>
A	1-2	Starting L, W circle to L with 8 running steps.
	3-4	Starting R, W circle to R with 8 running steps.
	5-6	W run 4 steps to ctr and 4 steps back.
	7-8	Repeat action of meas 5-6.
	9-10	W facing music and W with back to music dance 8 running steps moving slightly bwd and fwd. At the same time W on the sides dance 4 running steps twd each other, creating an elongated oval; and with 4 running steps back to place, resume circle formation.
	11-12	Repeat action of meas 9-10, with W facing music and W with back to music forming the oval and sides moving slightly bwd and fwd.
	13	W unlink arms and place both hands on hips. Facing ctr of circle, tap R heel in front (ct 1), step back on R ft (ct 2). Tap L heel in front (ct 3), step back with L ft (ct 4).
	14	Repeat action of meas 13
	15-16	W with L hand on hip, hold skirt slightly out with R hand, as they make a circle with 8 running steps moving CW around ptr (if there is no ptr, just make a circle), and end joining other W in circle, with arms linked as in beginning formation. During Fig I the M are in place, hands in pockets, showing their interest in W by pantomime. They may move back and forth a little in acting out such pantomime.
		II. <i>SEPARATE CIRCLES</i>
A	1-12 (Repeated)	W repeat action of Fig I, meas 1-12, while the M dance as follows:
	1-4	Starting L and with arms folded behind back, M dance 8 running steps CCW and 8 running steps CW, facing LOD.
	5-8	With arms folded in front, M face ctr and stamp L 4 times and R 4 times (2 stamps per meas).
	9	M tap L heel in front (ct 1), close L to R (ct 2), tap R heel in front (ct 3), close R to L (ct 4). (M clap hands on ct 1 and 3).
	10	Repeat action of Fig II, meas 9.
	11-12	M describe a small individual circle with 8 running steps, turning CW, going bwd, around, and returning to place; continuing to clap every other step.
	13-14	W wait in place as M run fwd to join W circle on 8 running steps, and place an arm around each adjacent W for a quick squeeze.
	15-16	Entire circle moves bwd with 8 running steps to form a larger circle, linking arms as in Fig I.
		III. <i>GRAND CIRCLE</i>
A	1-14	All repeat action of Fig I, meas 1-14.
	15-16	With hands joined, run 6 steps to L. On last 2 counts, stamp twice in place, L, R, facing ctr, hands high.