MÄRTGASSLER
(Switzerland)

Märtgassler, pronounced Mehrt'-gahss-ler, meaning a small market street, is an elaborate city dance. It was taught by Rosemarie Raths at the 1964 Folk Dance Camp at the University of the Pacific, Stockton, California.

MUSIC: Record: EP 17112 "Amadeo"

FORMATION: Cpls in a circle, W to MR, hands joined low. With 8 cpls you will progress and return to ptr. Otherwise the dance becomes a mixer.

STEPS AND STYLING:

MAZURKA: Step L fwd with accent, bending body slightly fwd (ct 1); step R fwd, straightening body (ct 2); with slight hop on R, cross L ft over R instep (ct 3). Keep sole of crossing ft parallel to floor. This step may also begin with R.

SIDE MAZURKA: Step L swd to L with accent, bending body slightly to L (ct 1); step R beside L, straightening body (ct 2); take a slight hop on R and lift L ft close to R ankle (ct 3), keeping sole of L parallel to floor. Keep both ft at right angles to direction of travel. This step may also begin with R twd R.

BALANCE STEP: Step L in direction indicated (ct 1), step R beside L (ct 2), step L beside R (ct 3). Keep knees flexible, giving a little up and down movement to the action. The balance may also begin with R.

RUNNING WALTZ: Three small running steps to a meas (one for each ct) with accent on ct 1.

Waltz*, Step-swing*, Slide*

Whenever free hands are on hips, they are with fingers fwd.

*Steps described in Volumes of Folk Dances from Near and Far published by the Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco.

<table>
<thead>
<tr>
<th>MUSIC 3/4</th>
<th>PATTERN</th>
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<tbody>
<tr>
<td>Measures:</td>
<td>No Introduction.</td>
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<tr>
<td>A I.</td>
<td>CIRCLE L AND R</td>
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<tr>
<td>1-2</td>
<td>Starting L, circle fwd to L (RLOD) with 2 mazurka steps. Accent first cts with stamp L, bending body slightly fwd. Cross L over R on ct 3.</td>
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<tr>
<td>3-4</td>
<td>Continue RLOD with 2 running waltz steps.</td>
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<tr>
<td>5-8</td>
<td>Repeat action of meas 1-4.</td>
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<tr>
<td>9</td>
<td>Still facing RLOD and starting L, dance one running waltz bwd LOD, turning CW to face LOD on ct 3.</td>
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SLIDE TO CTR AND CIRCLE L

1-2
Starting L and leading with L shoulder, M take 3 sliding steps, passing under arch formed by his ptr R arm. Step L (meas 2, ct 1). Stamp R twice (cts 2,3). W remain in place.

3-4
M join hands in inside circle. All dance bwd with 2 waltz steps enlarging circle. M finish with arms raised to form arches. W release hands and place them on own hips.

5-8
W repeat sliding action of meas 1-4, Fig VI, but finish with hands joined in single circle, W to MR.

9-10
Starting L, circle L (RLOD) with 2 mazurka steps accenting first ct with slight stamp L.

11-12
Continue circling L with 2 waltz steps.

13-16
Repeat action of meas 9-12, Fig VI, but on last meas, release ML, WR hands. M turns to face ptr as W turns once CCW under ptr joined hands with one waltz step and both bow.
MÄRTGASSLER (Continued)

10   Dance one running waltz fwd LOD, turning CCW to face RLOD on ct 3.
11-16 Repeat action of meas 9-10 three more times (4 times total).

A II. CRADLE STEP

1-2 In closed pos, M facing LOD, dance 2 balances swd twd ctr and out, M starting L, WR. Gracefully lower joined hands and sway body inward on balance in. Bend elbow and same arms twd you on balance out.

3-4 Turn once CW with 2 waltz steps, progressing LOD.

5-8 Repeat action of meas 1-4, Fig II.

9-16 Repeat action of meas 1-8, Fig II, but waltz turn CCW and progress RLOD. Finish facing ptr with M back to ctr. Join MR, WL with free hand at small of own back.

B III. STEP-SWINGS AND TURN

1-2 Starting ML, WR, take 2 step-swings, one twd LOD and one twd RLOD. Swing free ft across (ct 2) with slight lift (ct 3). Swing arms fwd and back, turning first to face LOD, then ptr.

3-4 Facing ptr, balance away (M twd ctr, W twd wall), and waltz balance twd ptr.

5-6 Repeat action of meas 1-2, Fig III.

7-8 Both turn once (M CCW, W CW) under joined hands (MR, WL) with 6 steps, progressing slightly LOD.

9-16 Repeat action of meas 1-8, Fig III. Finish with M back to ctr.

A IV. SIDE MAZURKA

1-2 In closed pos, starting ML, WR, dance 2 side mazurka steps. Accent first ct of mazurka with a slight stamp. Remain facing ptr and keep ft parallel.

3-4 Turn once CW with 2 waltz steps, progressing LOD.

5-16 Repeat action of meas 1-4, Fig IV, three more times (4 times total). Finish facing ptr, hands on hips, fingers fwd, M on inside.

C V. SLIDES AND ELBOW TURN

1 Both starting L, M move LOD, W RLOD with 3 sliding steps.

2 Step L (ct 1), stamp R twice, taking wt on 2nd stamp (cts 2,3). Finish in front of 3rd person to L, counting ptr as #1.

3-4 Link R elbows with this person. Starting L, turn once CW with 2 waltz steps.

5-16 Repeat action of meas 1-4, Fig V, three more times (4 times total). Instead of linking elbows the last time on meas 15-16 give R hands and change places, M pulling W inside to form an inner circle facing in, hands joined and held high in arches. M turn 1/2 CW to form outer circle facing in, hands on hips.