

# Dance Instructions

## Heidauer

### Boy's Part

For performances in public, this is usually a three-part dance. For *Einzelplatteln* competitions, this is performed as a two-part dance. (All *Einzelplatteln* dances are performed as two-part dances.)

#### To start

Before the music starts, the couple will stand facing each other with the boy's right hand extended out to the right at chest height holding the girl's left hand, which is also extended out to chest height.

4 steps: At very beginning only, when the music starts...

1. Swing arms front
2. Swing arms back
3. Spin girl out one time over her head clockwise
4. Boy stomps once with right foot

#### Part 1 – The Introduction

2 steps: Hands on *Hosenträger* (suspenders) at chest height

1. Right foot stomp
2. Right foot stomp

3 steps: Hands in air at ear height, return hands to ear height after each hit through entire part

1. Right foot stomp
2. Left hand hits left leg, hand back to ear height
3. Right hand hits right leg, hand back to ear height

3 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg

12 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg
4. Left hand hits left leg
5. Right hand hits left **foot** crossing in front
6. Left hand hits left leg
7. Right hand hits right leg
8. Left hand hits left leg
9. Right hand hits right leg
10. Left hand hits left leg
11. Right hand hits right **foot** from behind
12. Left hand hits left leg

3 steps: *Hochsprung*

1. Right hand hits right **foot** crossing behind
2. Left hand hits left leg
3. Right hand passes over right **foot** as right foot is kicked into the air

*Hochsprung* tips: When hitting left leg with left hand, lift the foot off the ground while at the same time creating the momentum to kick the right foot into the air. Do **not** let the left foot hit the ground before the right foot is in the air. The left leg will act as a pendulum to start the motion necessary for kicking the right foot out.

6 steps

1. Kneel on right knee with left knee up
2. Clap hands high in front
3. At same time hit left leg with left hand and right leg with right hand
4. Stand
5. Spin counter-clockwise
6. Stomp with right foot

4 steps: Repeat *Hochsprung*

1. Right hand hits right **foot** crossing behind
2. Left hand hits left leg
3. Right hand passes over right **foot** as right foot is kicked into the air
4. Right foot stomp and stay standing this time, do not kneel

Clap, follow the girl and starting with left foot make a backwards pedal motion, first left, then right, then left, then right until music changes to *Ländler*.

### ***Ländler***

When the music changes to the *Ländler*, shuffle behind the girl. She will be in full spinning mode. Count 1 Mississippi, 2 Mississippi, 3 Mississippi as you shuffle to get in front of the girl. After the count of 3 Mississippi pick up the girl by putting your right hand on her back at waist height, and her left hand will be on your shoulder. Take her right hand into your left hand and hold it out at chest height. Do this while she is still spinning, so you will have to match her clockwise spin. The *Ländler* is a three-step polka.

Just before the music changes back to the *Plattler*, spin the girl out:

1. Let go of her right hand.
2. The girl will slide her left hand down off the boy's shoulder.
3. Your right hand will come from behind the girl and take her left hand.
4. With your right hand holding her left hand, spin her out clockwise over her head.
5. Stomp with right foot after releasing the girl.

### **Part 2 – The *Plattler***

Part 2 starts out the same as part 1. Part 2 is called the *Plattler*. In the first part of the *Plattler*, instead of a *Hochsprung* and going down on your knee you will continue to plattler. In the second part of the *Plattler* you will repeat Part 1, doing a *Hochsprung* and going down on your knee. Then you will ländler one final time.

2 steps: Hands on *Hosenträger* (suspenders) at chest height

1. Right foot stomp
2. Right foot stomp

3 steps: Hands in air at ear height, return hands to ear height after each hit

1. Right foot stomp
2. Left hand hits left leg, hand back to ear height
3. Right hand hits right leg, hand back to ear height

3 steps: Return hands to ear height after each hit

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg

12 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg
4. Left hand hits left leg
5. Right hand hits left **foot** crossing in front

6. Left hand hits left leg
7. Right hand hits right leg
8. Left hand hits left leg
9. Right hand hits right leg
10. Left hand hits left leg
11. Right hand hits right **foot** behind
12. Left hand hits left leg

3 steps: Repeat from beginning only no stomp

1. Right hand hits left foot from behind
2. Left hand hits left leg, hand back to ear height
3. Right hand hits right leg, hand back to ear height

3 steps: Return hands to ear height after each hit

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg

12 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg
4. Left hand hits left leg
5. Right hand hits left **foot** crossing in front
6. Left hand hits left leg
7. Right hand hits right leg
8. Left hand hits left leg
9. Right hand hits right leg
10. Left hand hits left leg
11. Right hand hits right **foot** behind
12. Left hand hits left leg

3 steps: Repeat from beginning only no stomp

1. Right hand hits left foot from behind
2. Left hand hits left leg, hand back to ear height
3. Right hand hits right leg, hand back to ear height

3 steps: Return hands to ear height after each hit

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg

12 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg
4. Left hand hits left leg
5. Right hand hits left **foot** crossing in front
6. Left hand hits left leg
7. Right hand hits right leg
8. Left hand hits left leg
9. Right hand hits right leg
10. Left hand hits left leg
11. Right hand hits right **foot** behind
12. Left hand hits left leg

4 steps: Finish the first half of the *Plattler* with a *Hochsprung*

1. Right hand hits right **foot** crossing behind
2. Left hand hits left leg
3. Right hand passes over right **foot** as right foot is kicked into the air
4. Right foot stomp and stay standing this time, do not kneel

The second half the *Plattler* is exactly the same as Part 1 of the **introduction**.

2 steps: Hands on *Hosenträger* (suspenders) at chest height

1. Right foot stomp
2. Right foot stomp

3 steps: Hands in air at ear height, return hands to ear height after each hit through entire dance

1. Right foot stomp
2. Left hand hits left leg, hand back to ear height
3. Right hand hits right leg, hand back to ear height

3 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg

12 steps

1. Right hand hits left foot from behind
2. Left hand hits left leg
3. Right hand hits right leg
4. Left hand hits left leg
5. Right hand hits left **foot** crossing in front
6. Left hand hits left leg
7. Right hand hits right leg
8. Left hand hits left leg
9. Right hand hits right leg
10. Left hand hits left leg
11. Right hand hits right **foot** behind
12. Left hand hits left leg

3 steps: *Hochsprung*

1. Right hand hits right **foot** crossing behind
2. Left hand hits left leg
3. Right hand passes over right **foot** as right foot is kicked into the air

6 steps

1. Kneel on right knee with left knee up
2. Clap hands high in front
3. At same time hit left leg with left hand and right leg with right hand
4. Stand
5. Spin counter-clockwise
6. Stomp with right foot

4 steps: Repeat *Hochsprung*

1. Right hand hits right **foot** crossing behind
2. Left hand hits left leg
3. Right hand passes over right **foot** as right foot is kicked into the air
4. Right foot stomp and stay standing this time, do not kneel.

Clap, follow the girl and starting with left foot, make a backwards pedal motion, first left, then right, then left, then right until the music changes to the *Ländler*.

## ***Ländler***

When the music changes to the *Ländler*, shuffle behind the girl. She will be in full spinning mode. Count 1 Mississippi, 2 Mississippi, 3 Mississippi as you shuffle to get in front of the girl. After the count of 3 Mississippi pick up the girl by putting your right hand on her back at waist height, and her left hand will be on your shoulder. Take her right hand into your left hand and hold it out at chest height. Do this while she is still spinning, so you will have to match her clockwise spin. The *Ländler* is a three-step polka.

The music will change slightly to indicate the end of the *Ländler*.

Without letting go of the girl's right hand...

1. Bring her right hand over her head with your left hand while she spins one time clockwise. Do not let go of her hand.
2. At the same time, bring your right hand out from behind the girl's back, while she brings her left hand down from your shoulder as she is spinning away from you.
3. Take the girl's left hand into your right hand as she is spinning half of a circle.
4. When the girl is facing you, kneel on your right knee with your left knee up and smile to the girl.

The dance is now finished.

## **Schuhplattler tips**

Shift your body to stay in momentum with the next move.

Keep your hands firm. It helps avoid injury when hitting shoes.

Hit the sole of the shoe squarely with the palm of the hand.

Raising leg to hand when hand hits leg helps provide momentum for next hit.

Check your shoes for gum and other stuff you may have stepped in before dancing.

Be very careful on slippery floors.

Keep an eye on the girl.

Smile and have fun.

## Heidauer Girl's Part

The girl will be spun out by the boy. He will spin her clockwise before he starts to plattler. After the first full spin, the girl will do two polka steps in time with the music.

With her left hand on her left hip, and her right hand holding the edge of her apron to the side, the girl steps forward on the right foot and does a quick polka step. The steps are: Right, left, right (count 1, 2, 3), ending with her weight briefly on the right foot.

Repeat this sequence to the left by first stepping onto the left foot. The steps this time are left, right, left (count 1, 2, 3), ending with her weight briefly on the left foot.

The girl then steps on the right foot and spins clockwise two times while traveling around the boy in a counter-clockwise circle.

She repeats this sequence until the music changes to the *Ländler*. When this happens, the girl stops doing the polka steps and continues to spin until the boy picks her up. When the boy picks up the girl and takes her right hand, she drops her apron with her right hand and her left hand shifts to the boy's right shoulder. At the end of the *Ländler* the girl brings her left hand down to the boy's right hand so the boy can spin her out clockwise.

The girl will be spun out by the guy. He will spin her clockwise before he starts to plattler. After the first full spin, the girl will do two polka steps in time with the music.

With her left hand on her left hip, and her right hand holding the edge of her apron to the side, the girl steps forward on the right foot and does a quick polka step. The steps are: Right, left, right (count 1, 2, 3), ending with her weight briefly on the right foot.

Repeat this sequence to the left by first stepping onto the left foot. The steps this time are left, right, left (count 1, 2, 3), ending with her weight briefly on the left foot.

The girl then steps on the right foot and spins clockwise two times while traveling around the boy in a counter-clockwise circle.

When the music changes to the *Ländler* the girl stops doing the polka steps and continues to spin until the boy picks her up. When the boy picks up the girl and takes her right hand, she drops her apron with her right hand and her left hand shifts to the boy's right shoulder.

At end of second *Ländler*, the girl does half a spin clockwise with her right hand over her head while sliding her left hand down to hold boy's right hand. She will be facing the boy as he kneels. Smile to the boy.

The dance is now finished.