

HUMPPA PROMENAD

This simple mixer is a slight variation of the Norwegian Allemannsmarsj or "everybody's march". While any march in 4/4 meter will do, Pacific Northwest dancers enjoy Finnish humppa music for this dance and hence the Finnish name, Humppa Promenad.

Formation: A circle of couples, Woman on Man's R, facing CCW LOD.
Partners join nearer hands at shoulder level. Free hands hang at sides.

Measure:

Forward and back:

- 1 Beginning Man on L foot, Woman on R, walk 4 steps forward (cts 1,2,3,4).
On 4th step, release hands and turn toward partner. End facing CW, nearer hands joined.
- 2 Beginning Man on L foot, Woman on R, walk 3 steps backward (cts 1,2,3). Close free foot, no weight on count 4. During this measure the circle still progresses CCW.
- 3-4 Repeat measures 1-2 with opposite footwork and in opposite LOD, that is to say the circle progresses CW. Partners move slightly apart during final counts to anticipate measure 5.

Balance and cross over:

- 5 Balance toward partner, and then away from partner. In detail:
Man steps in R, touch L; steps out L, touch R
Woman steps in L, touch R; steps out R touch L.
- 6 Begin R, Man dances 4 steps essentially in place at the same time leading Woman (who starts L) 4 steps across in front to his L side while she makes a full CCW turn. Change hands during the cross-over and ending facing CCW LOD with nearer hands joined.
- 7 Repeat measure 5 opposite footwork.
- 8 Beginning with L, Man dances 4 steps essentially in place, at the same time leading Woman (who starts R) 4 steps around to face him and raising his arm over her head, passes her under with a full CW turn, and releases her to the Man behind him.

Repeat dance with new partner, couple facing CCW LOD and with nearer hands joined.

NOTE: There's a difference between Allemannsmarsj and Humppa Promenad. The Norwegian version is slower, and more stately. Danced correctly, the mixing occurs by the lady twirling in FRONT of her current partner, returning to his right side, while the MAN steps forward to meet his new partner.