

# Schottis från Viksta

Schottische from Viksta, also called "German Polska"

Introduced by Per and Margareta Jennische at Mendocino Folklore Camp, 1978

**Music:** A slow schottische 4/4 meter. Count 1 - 2 - 3 - 4

**Formation:** Couples in an open circle which moves CCW (LOD).  
The turn as a couple is CW.

**Position:** Waltz position

**Steps:** Schottische steps, with the step-hops kept close to the ground.

## Dance Sequence:

The couple dances two schottische steps, during which the man leads the woman in and out of the circle in front of him (first and second measures).

Then they make one turn as a couple, using two step-hops (third measure).

In the fourth measure they make one turn, as the woman jumps up in the air receiving support from the man's L hand (1), then lands feet together with two bounces (3,4); her back is toward LOD. While the woman jumps, the man puts down his L foot (1), rests (2) takes a short step forward with a stamp on his R foot (3) and rests (4).

The dance then repeats from the beginning.