

LEBEN (Hexham Variation)

CHOREOGRAPHY: Sabine Barnmann (Germany)

She choreographed this dance to cheer up a friend

MUSIC: *Rue Du Bac* by Giora Feidman on the CD *The Dance of Joy* available on iTunes

RHYTHM: 4/4

INTRODUCTION: Commence at the beginning of an eight bar sequence

This is how we have always danced this joyous dance in our Hexham circle, although it is different from the steps in Stefan's notation. A bit like folk music, dances develop in their own inimitable ways. The dance is danced unjoined and dancers can travel in any direction.

STEPS: https://youtu.be/V_0Sj9k8o88

Unjoined and freely

1. Left over right, replace right, side left (quick, quick, slow). Right over left, replace left, side right (quick, quick, slow)
2. Repeat
3. Moving right: left, right forward (slowly) then left (quick)
4. Moving backwards: right, left, right moving back (quicker)
5. Sway left, sway right (slow, slow)
6. Repeat sways

