

Der Freidige

Steps: Achterrum: Step-close-steps, Rheinlander: step-hops-step

Formation: Couples face-to-face in a circle. Both hands joined, men's backs to the center

Part A	In Couples
Meas. 1-2	1 Achterrum step in LOD and the same in RLOD
3-4	In ballroom position, couples dance 4 step-hops turning
Repeat Meas. 1 - 4	Repeat Part A meas. 1 - 4 above
Part B	Rheinlander
Meas. 5	One Rheinlander step away from each other
6	One Rheinlander toward each other
7	In ballroom position dance 2 step-close steps in LOD
8	followed by 2 step-hop steps turning
Repeat Meas. 5 - 8	Repeat Part B meas. 5 - 8 above
Part C	Changing Places
Meas. 9	Partners join outside hands (her R, his L). With one Rheinlander step she turns CW under their joined, raised hands diag. to the center of the circle, and ends swinging her free foot in RLOD. At the same time, he dances one Rheinlander step diag. toward the outside, swinging free foot in LOD. They have now changed places
10	In ballroom position, couple dances one Rheinlander step, making 1/2 turn, woman forward.
11 - 12	Repeat Part C meas. 9 -10 as above
Repeat all 2X.	

* Herrmann Huffilger was District Youth Conservator in East Prussia. He led several folk dance groups and actively collected old dances and created new ones in the spirit of the Youth Movement of the 1920's. His extensive collections and dance documentations were lost in the upheavals of WWII.

Presented by Helga Preuss, of the 'Deutsche Gesellschaft fur Volkstanz' at the annual workshop of the N.A.F.G.F.D.G and the German-American Society of Danube-Swabians in Des Plaines, IL., July 31st- Aug. 3rd, 2007