

Seven Steps Schottische Mixer

A Danish folk dance mixer

Music: Any square (4x8) schottische

Formation: Couples holding inside hands, facing LOD

1 & 2) Seven Steps Forward, Seven Steps Back: Seven steps and a hop forward (like a schottische run, just with seven steps instead of three), then seven steps and a hop back.

3) Schottische with Partner: Both cast away and run forward LOD, zigging away from your partner on the outside foot run, and zagging back toward them on the inside foot run. Pivots with partner, or another easy schottische variation on the four step-hops.

4) Pivots on the Fly with New Partner: Both run forward LOD, the Follow taking small steps, and the Lead taking large steps, so that the Lead passes his partner, and catches up with the next Follow in the circle. Catch new partner on the fly for the pivots. End up facing LOD (as usual) to repeat from the beginning.