

Heilsberger Dreieck

Translation: Heilsberger Dreieck is the Berlin address of the composer of the music for this dance.

Formation: Progressive circle; a line of two couples facing a similar line, and “outside” couples (numbers 1 and 3) are on the left end of each line.

Measure FIG. 1 - Elbow swings

1–2 Each inside M (#2 & #4) R elbow swing (1) opposite M (#3 & #1)

3–4 L elbow swing partner

5–6 R elbow swing partner

7–8 RETURN to place with 4 walking steps

9–16 Outside men (1 & 3) the same,
REPEAT actions of measures 1–8

FIG. 2 - Move sideward

17–18 SDWD L.
Each line-of-four join hands and move as follows:
Step SDWD L on L foot (count 1)
Cross and step on R foot in back of L (count 2)
Step SDWD L on L foot (count 3)
Close and step on R foot beside L (count 4)
Step on L foot in place (count &)

19–20 SDWD R. Repeat pattern of measures 17-18 reversing direction and footwork

21–22 Dive through 2 w/2 two-steps FWD to exchange places with opposite couples

23–24 Frontier Whirl 4 in 4 walking steps

25–32 REPEAT pattern of measures 17–24 to place

33–38 Grand R and L (5) halfway around

39–40 Allemande R (6) w/partner

41–46 Grand R and L halfway around to place

47–48 Pass through opposite couple (for arch and under(2)) with 4 walking steps to meet a new line-of-four opposite.

1. Elbow Swing

Designated people hook designated elbows and turn CCW (R elbow swing) or CW (L elbow swing), with walking steps unless otherwise indicated

2. Arch and Under or Dive Through

Couples in line facing the head (or CCW around the hall) arch, other duck under. An alternate rule-of-thumb is: the strong-willed duck under, others arch over

3. Two-step Right

Step on R foot (count 1), close and step on L foot (count 2), beside R (count &), step on R (count 2), pause (count &). REPEAT, reversing footwork for two-step L

4. Frontier Whirl

With inside hands joined, face partner and walk FWD 4 steps (W passes under raised arms) to re-face opposite couple

5. Grand R and L

Partners face and give each other R hand, moving past to meet next w/L, etc. until partners meet halfway around in opposite position; this much is halfway

6. Allemande R

A one-hand turn w/R hand once around. In this case hands are joined w/thumb grip (fingers clasping other person's thumb) at about head level, elbows together