

Baonopstekker

dance	traditional, from the eastern parts of the Netherlands
meaning dance	dance to clear the room of non-dancers
dance description	Elsche Korf 2008
formation	individual dancers in a big circle/arm in arm
time	6/8
sequence	(ab) nx

A	bar	count	a.
	1-4		8 walking steps CW
	5-8		8 walking steps CCW
	9-10		4 steps forwards to centre of circle
	11-12		4 steps backwards
	13-16		repeat a. a. bar 9-10
			b.
B	1-2		two opposite sides (for instance north and south) of the circle go energetically forwards towards each other in 4 steps
	3-4		same sides go backwards in 4 energetic steps
	5-8		repeat a. bar b. 1-2 for the sides east and west
	9	*	b. bar 1-2 are like pulling an elastic band on two opposite ends
		1-3	with a jump on the right foot put the heel of the outstretched left leg forwards on the floor
		4-6	with another jump put the left foot next to the right one.
	10	1-3	with a jump on the left foot put the heel of the outstretched right forwards on the floor
		4-6	with another jump put the right foot next to the left one.
	11-12		repeat a. b. bar 9-10
	13-16		slip to the left (galop) in V-hold
		*	after that arming again before starting the dance all over

Information

In the older days people often danced in pubs. Before the actual dance could start the room had to be cleared of people and furniture.

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A

Section A consists of two staves of music. The first staff begins with a treble clef, a key signature of two sharps (F# and C#), and a 6/8 time signature. The melody is composed of eighth and quarter notes. The second staff continues the melody and concludes with a double bar line and repeat dots.

B

Section B consists of five staves of music. The first staff begins with a treble clef, a key signature of two sharps (F# and C#), and a 6/8 time signature. The melody features eighth and quarter notes. The second staff continues the melody. The third staff continues the melody. The fourth staff continues the melody. The fifth staff concludes the section with a double bar line and repeat dots.