

SCHOTTISCHE

Source: The Schottische step, which is traditionally danced to 4/4 rhythm often appears in 2/4 rhythm. In either signature, it is an even rhythmic pattern and every movement of this dance step has equal value.

A basic combination in Schottische dances is, two schottische steps followed by four step-hops. The turns are performed with the step-hops.

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SCHOTTISCHE STEP:

- 1 Slide FWD (BKWD or SDWD) and step on L foot
- 2 Bring R foot to L and step on R foot, releasing L foot
- 3 Slide FWD (BKWD or SDWD) and step on L foot
- 4 Hop on L foot and swing R leg across in front of L

REPEAT pattern, reversing footwork, for schottische step starting w/R foot

STEP-HOP:

- 1 Step on L foot
- 2 Hop on L foot
- 3 Step on R foot
- 4 Hop on R foot

For a light, bouncy step, bend and straighten knees with each action.

