

HEGIS

Formation: Partners arranged in a double circle, all facing CCW. Hands are joined skating fashion - M's R hand hold W's R hand, his L hand holds her L hand. Joined R hands are above joined L hands.

Measures PART 1A - Partners are side-by-side, hands joined skating fashion

- 1 Touch L heel to floor in front of R. Touch L toe in front of R foot.
- 2 Starting w/a hop on the R foot, dance 1 polka step FWD
- 3-4 REPEAT measures 1-2 w/weight on L foot
- 5-8 REPEAT measures 1-4

PART 1B - Partners are side-by-side, hands on hips

- 9 Step SDWD on outside foot (M's L & W's R). Close inside foot to outside, step SDWD on outside foot again. Hop on outside foot and swing inside foot behind outside foot.
- 10 REPEAT, moving toward partner
- 11-12 Partners face each other. M places hands on partner's waist, she places her hand on his shoulders. In this position they do 4 step-hops.
- 13-16 REPEAT measures 9-12

INTERLUDE

At this time, partners take the position in which they following step is danced. Partners face in a single circle w/both hands joined. M are facing CCW, W CW. The hand on the outside of the circle is held overhead, the one on the inside of the circle is held about hip high.

PART 2

- 1-8 REPEAT PART 1A moving SDWD into the circle and out of the circle alternately.
- 9-16 REPEAT PART 1B

PART 3A

- 1 Step SDWD L, point R toe across in front of L
- 2 Step SDWD R, point L toe across in front of R
- 3-4 Starting w/a hop on R foot, dance 2 polka steps FWD
- 5-8 REPEAT measures 1-4

PART 3B

- 9-16 REPEAT PART 1B

PART 4A

- 1 Step SDWD L, point R foot in front of L
- 2 Step SDWD R, point L foot in front of R
- 3-4 Beginning w/a hop on the R foot, change places w/2 polka steps
- 5-8 REPEAT measures 1-4

PART 4B

- 9-16 REPEAT PART 1B

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INTERLUDE

Double circle formation, partners facing. M holds W's L hand in his R hand. Free hand is on own hip.

PART 5A

- 1 Starting on outside foot, partners turn away from each other and make one complete turn w/2 step-hops.
- 2 Join free hands and place originally joined hands on hips. M steps SDWD L, brings his feet together and bows. W steps SDWD R and curtsies.
- 3-4 REPEAT measures 1-2, moving in the opposite direction.
- 5-8 REPEAT measures 1-4.

PART 5B

- 9-16 REPEAT PART 1B