



Ländler from *The Sound of Music*

Also spelled Laendler

Choreographed by Marc Breau and Dee Dee Wood
Adapted from the longer choreography by Richard Powers

See <https://www.youtube.com/watch?v=ULqRQRzBnHM>

Music available on iTunes, Sound of Music soundtrack.

A

- 4 Take inside hand and waltz-walk LOD, swinging hand forward and back twice. His L hand is behind his back, palm outward; her R hand floats free.
- 4 Give both hands and do 3 mazurka steps back to place, ending with a step-close. (Step side, close rear foot to forefoot with weight, raise leading foot closed to ankle.) Change to raised R-R hands at end. She faces LOD as he faces her.

B

- 2 She CW waltzes solo LOD turning under his raised R arm as he waltz-walks LOD beside her. She is in the outside lane, not in front of him.
- 2 He offers his free L hand at waist level and she takes his L hand with her L hand and she waltzes under both hands. End in crossed-hand position, both facing LOD, with L hands in front of his left lapel, and R hands low to her right side, in front of her.
- 2 Waltz-walk LOD in this promenade position. Her head is slightly inclined to the right.
- 2 He brings her across in front of himself toward the center of the room then she turns CCW under both hands, ending facing partner holding hands at shoulder level, R hands on top, both elbows out to the sides. He is facing LOD as she faces him.

C

- 2 Cross-step waltz, both beginning R foot, then crossing L.
- 2 She turns CW under her R arm, turning toward the center of the room, ending facing partner in the same folded arm position but with L hands on top.
- 1 Raise L hands then let go, as both travel LOD with her backing.
- 1 Take R-in-R hand, raise, then let go.
- 1 Repeat raising left hands and letting go, then she places her L hand behind her back.
- 1 Take R-in-R hand, raise but don't release, and he reaches around her waist with his L arm, taking her L hand behind her back with his L hand. She twists toward her right as far as she can (toward the center of the room).

D

- 2 Walk around each other CCW (toward your right) half of a turn or more.
- 2 She turns in place CCW lowering R hands, which go low behind her back when her back is to him, then raise L hands, palm-to-palm, as she faces him. She twists toward her left as far as possible.
- 2 Walk around each other CW until she ends in the outside lane.
- 2 She turns in place CW as he circles her head CW with raised L hands, then he places her L hand in his R hand, straight down, to repeat from the beginning.