



## Ländler from *The Sound of Music*

This is Richard Powers' shorter version of the iconic and beloved choreography by Marc Breaux and Dee Dee Wood. The original had 14 parts, which many dancers found difficult to memorize. This version is reduced to the best highlights of the original.

A video is at <https://www.youtube.com/watch?v=ULqRQRzBnHM>

### A

- 4 Take inside hand and waltz-walk LOD, swinging hand forward and back twice, with his L hand behind his back; her R hand floating free. End with a step-close without weight.
- 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.

### 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, possibly with a slight lunge.
- 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 slightly to her right, toward the center of the room.

### D

- 2 Waltz-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, which makes almost a solo turn-and-a-half.
- 2 Waltz-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.