

THE COMPASS MINUET (a minuet for one person)

It uses the music and steps from Mollevit fra Ærø (a small island off the SE coast of Jutland, Denmark)

Basic minuet step is right, pause, left right left, pause. It can go forward, backward, diagonally, on-the-spot, and turn. For the **on-the-spot step**, dance forward, pause, back, back, forward, pause (starting R). For the **turn step**, forward (on R), turn 180 degrees CCW on the pause (count 2), left right left pause.

Imagine a circle on your floor, sized according to the space available, with the 4 main compass points noted. This is your world for now. You can start N,S,E, or W, as you choose. Dance in LOD i.e. CCW

FIGURE 1 Around the World

Starting at N,S,E, or W on the outside of the circle, dance around your world with 8 minuet steps, fudging a bit on the 8th to end in the centre of your circle

FIGURE 2 - 4 corners of the world

From the centre of your circle, dance 1 minuet step forward to the compass point you chose as your starting point, one backwards. Repeat with the other 3 main compass points

FIGURE 3 Check around the world

From the centre of your circle, dance 1 minuet step forward, do 1 on-the-spot step facing out, turning your left foot toward the left on count 5. Continue around the circle to the other 3 main compass points, doing an on-the-spot step at each point, ending in the centre

FIGURE 4 The other corners of the world

As in figure 2, dance forward and back from your centre spot; NW, SW, SE, and NE, starting to the left of your original compass point.

FIGURE 5 Can't visit, go back home

1 minuet step forward from the centre to your chosen compass point, 1 minuet step to turn and go back to centre (fwd on R, turn 180 degrees on the pause, L R L pause) Repeat around the circle, dance counter clockwise around your circle)

FIGURE 6 Quick Look around the world

Dance around your circle for 4. Finish with a spritely waltz!

Scandinavian Dancers of Vancouver, BC

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