

## Sünnros

(North German: from Vierlande, near Hamburg)

Formation: Couples in a circle (originally, for four couples, but can be done with any number). In 3/4 time.

Measures [Note: Each phrase repeats itself, which is shown as 1-8 and |1-8| below.]

### Figure 1

1-8 Circle L (all starting L foot) with 24 steps.  
|1-8| Circle R with 24.

### Chorus

9-16 In hip-shoulder hold, cpls do a W R-hand mill, in running waltz steps.  
Take three to get into the mill and run 21 in CW direction.  
|9-16| Cpls turn half-turn into M L-hand mill in three steps, run 21 steps.  
17-24 All back out into a double circle (M hold hands, W hold hands on top) in  
three steps; then circle L in 21 more , while W raise hands over M's heads  
|17-24| Continue circling L in 24 more steps, while M raise hands over W's heads.  
25-32 All back out of the circle and face partner in six steps; then grand chain to  
the 5<sup>th</sup> person, using six steps per person.  
|25-32| Greet, and then continue on to next 5<sup>th</sup> person.

### Figure 2

1-8 Hook R arms with pt and turn in 24 running waltz steps.  
|1-8| Hook L arms and turn in 24 (use first meas. to trade arms).  
Repeat Chorus.  
Ending circles L and R as in Figure 1.

### Figure 3 (optional, before ending circles)

1-8 Circle L with pt in 24 step-hops.  
|1-8| Circle R with pt in 24 step-hops.  
Repeat Chorus.