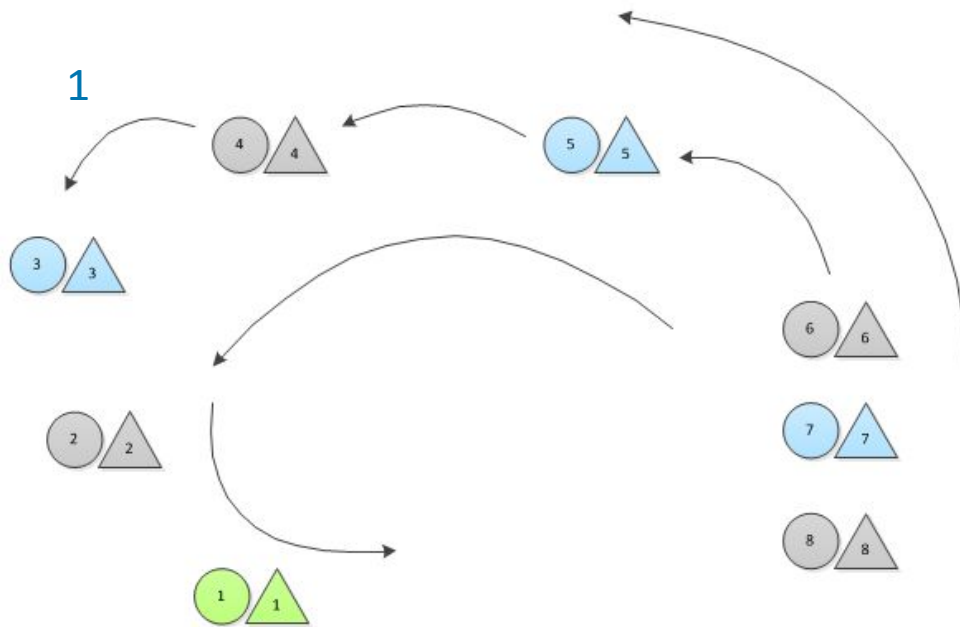
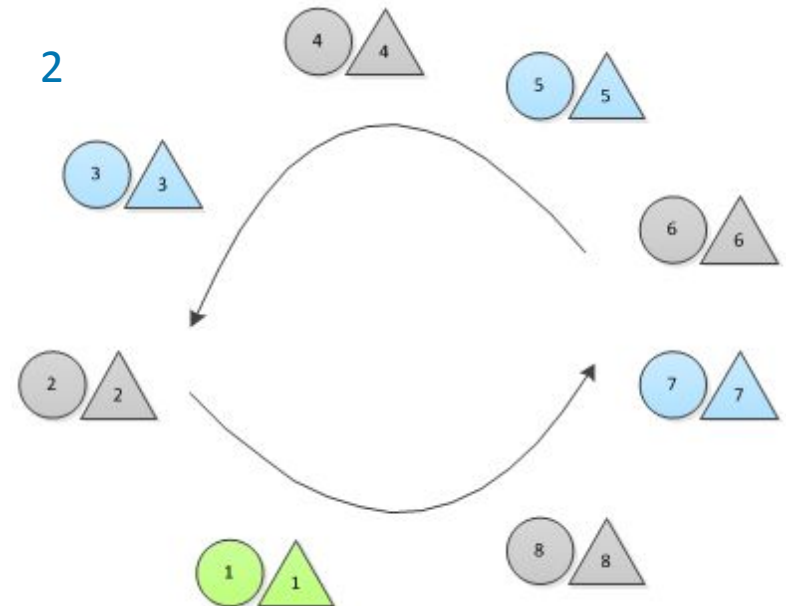


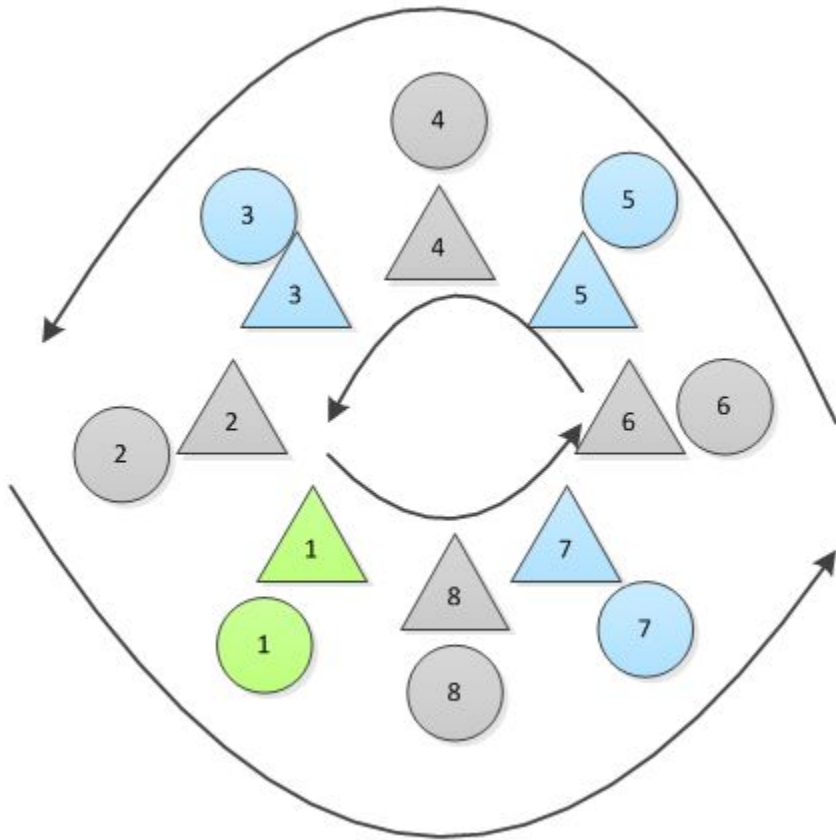
Mühlenrod Dance



- Promenade in holding pinkies with partner, girls to the right of the guys
- Guys stomp in rhythm during this dance
- Form circle, and continue walking, no stop in this dance

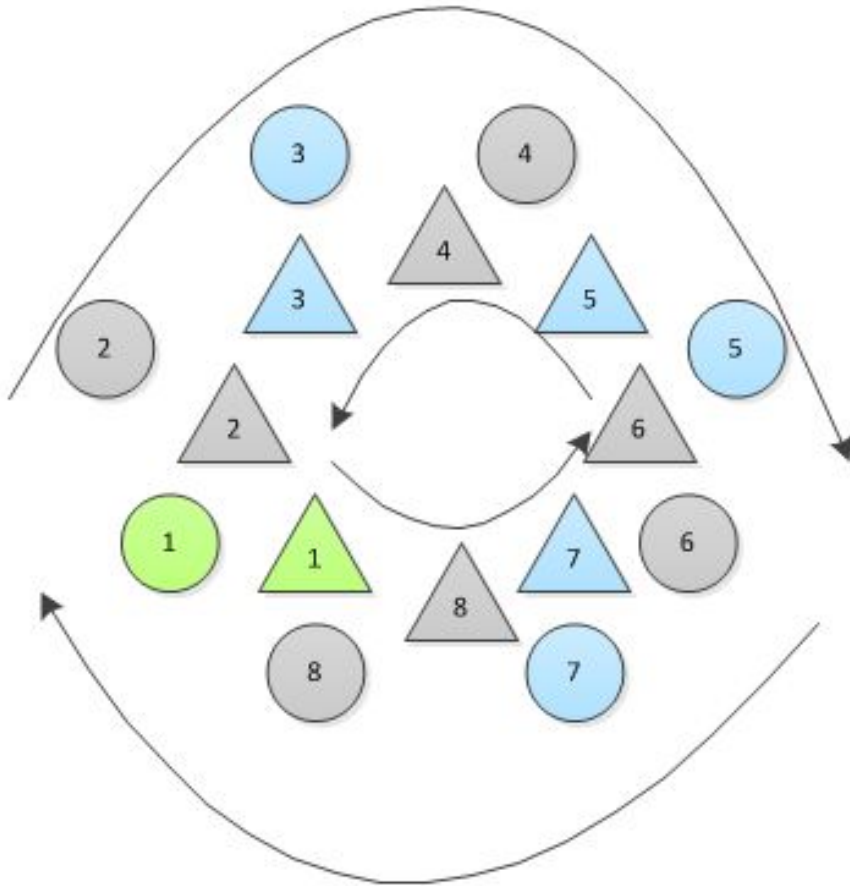


STOMP



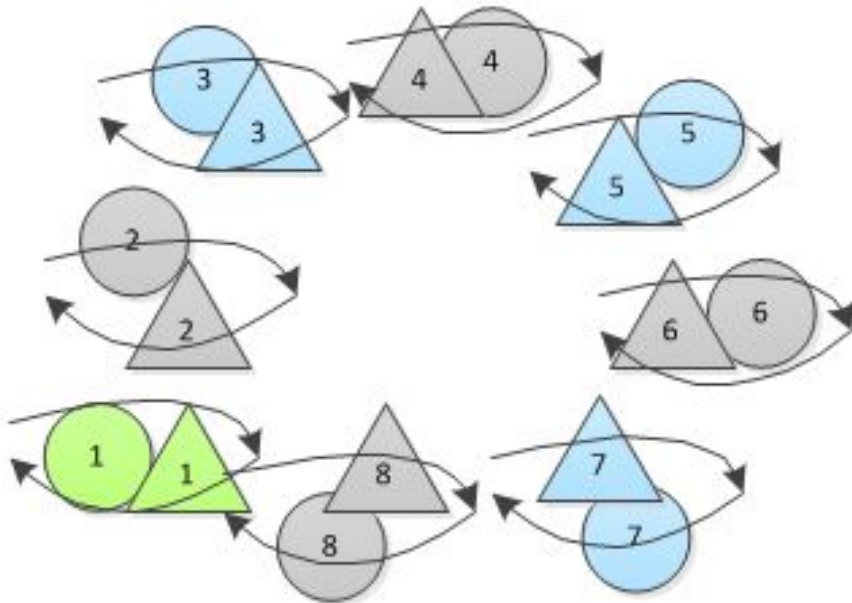
- Girls step in front of their partner, face him, and hold his thumbs
- Girls join pinkies with the girls in front of and behind them, guys join pinkies with guys in front of and behind them
- All continue moving in the circle

STOMP



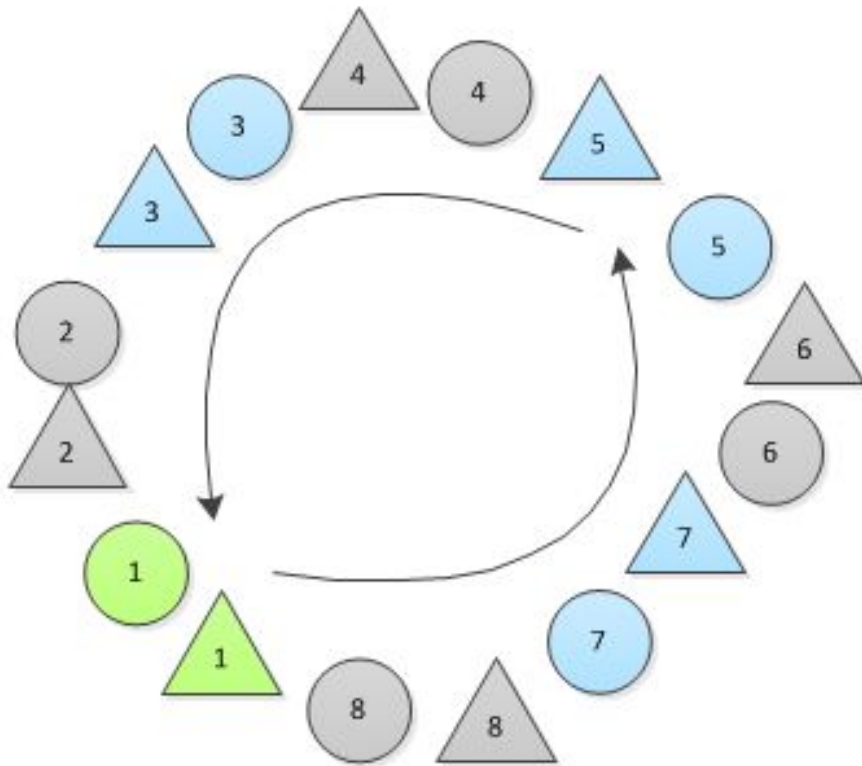
- Girls release guys' thumbs, but keep pinky links with other girls, guys keep pinky links with other guys
- Guys move their circle in the opposite direction, girls continue to move their circle in the same direction

STOMP



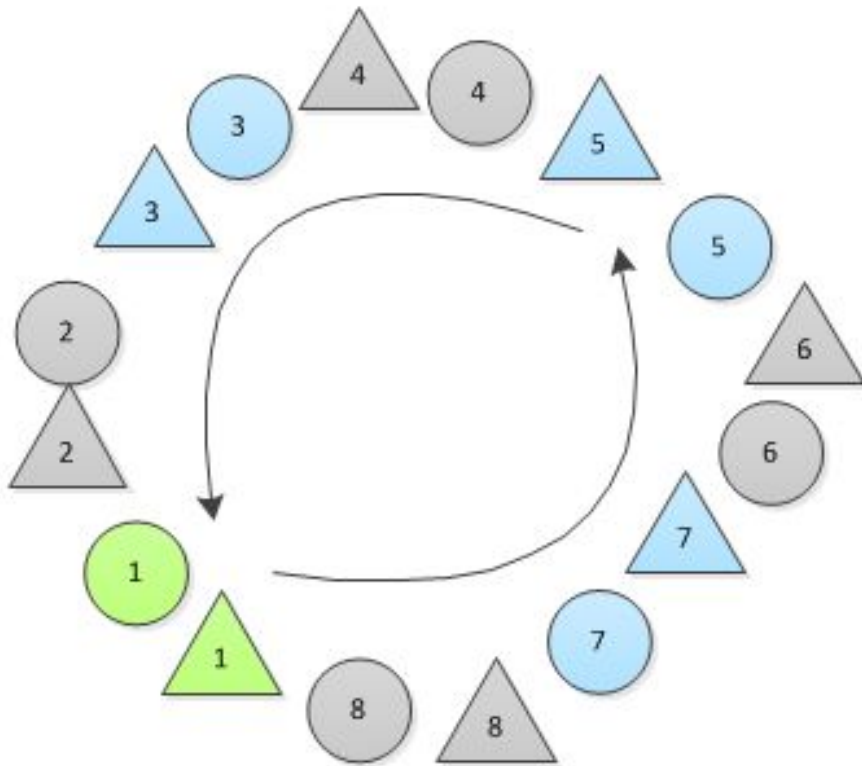
- Release pinkies as you meet your partner. Join right pinkies with your partner and circle each other
 - Elbows should be in the “window” position (resting on partner’s shoulder)

STOMP



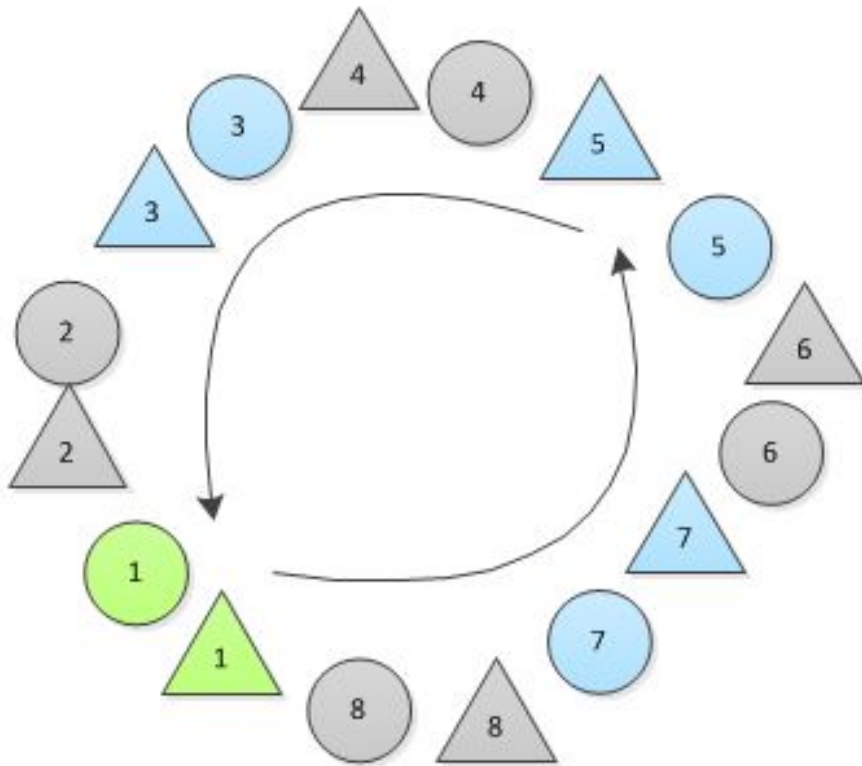
- File into a circle, with girls moving ahead of their partners
- Girls face out of the circle, guys face into the circle
- Everyone grabs forearms in preparation for the girls holding up the guys in the next step

STOMP



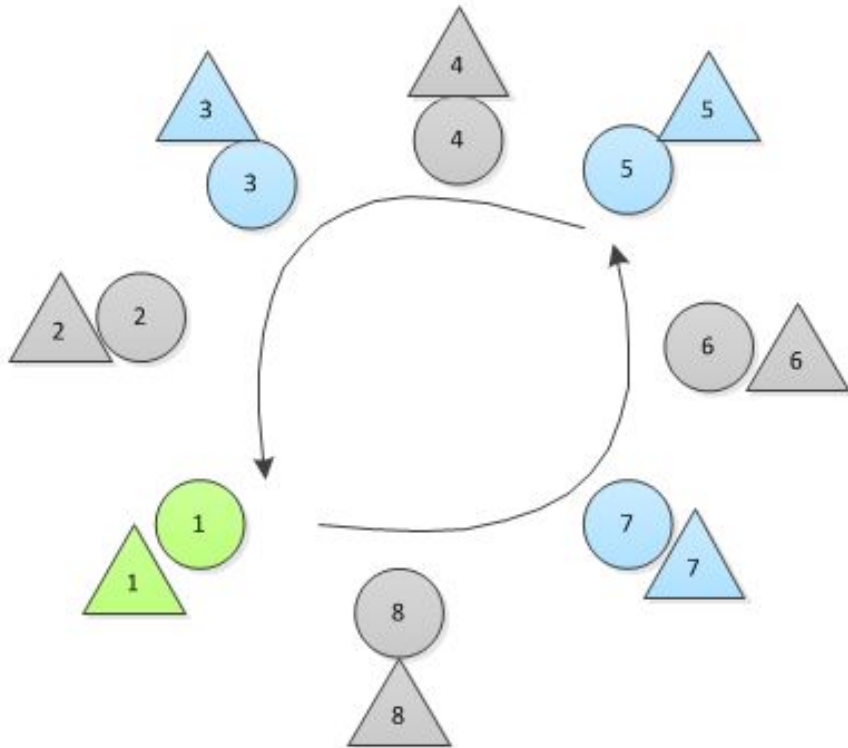
- Guys lean back and girls hold them up

STOMP



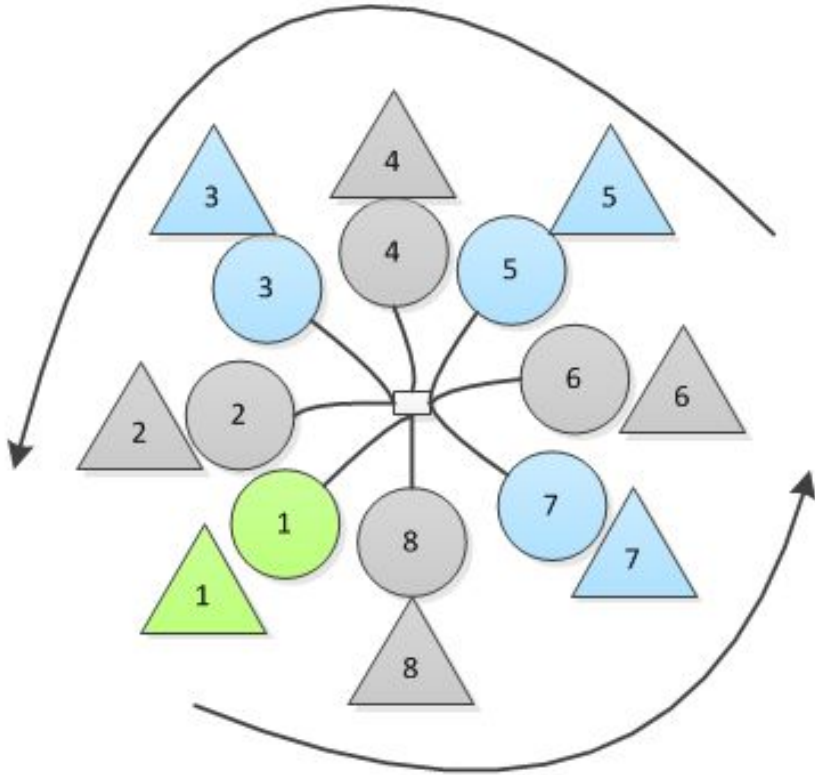
- Girls pull guys back up
- Instead of forearms, hold pinkies with those ahead of and behind you in circle
- Face forward
 - Girls: Left hand reaches straight forward to hold the left pinky of the guy in front of you. Right arm is bent, hand right by your head holding the right pinky of the guy behind you.
 - Guys: Right hand reaches straight forward to hold the right pinky of the girl in front of you. Left arm is bent, hand right by your head holding the left pinky of the girl behind you.

STOMP



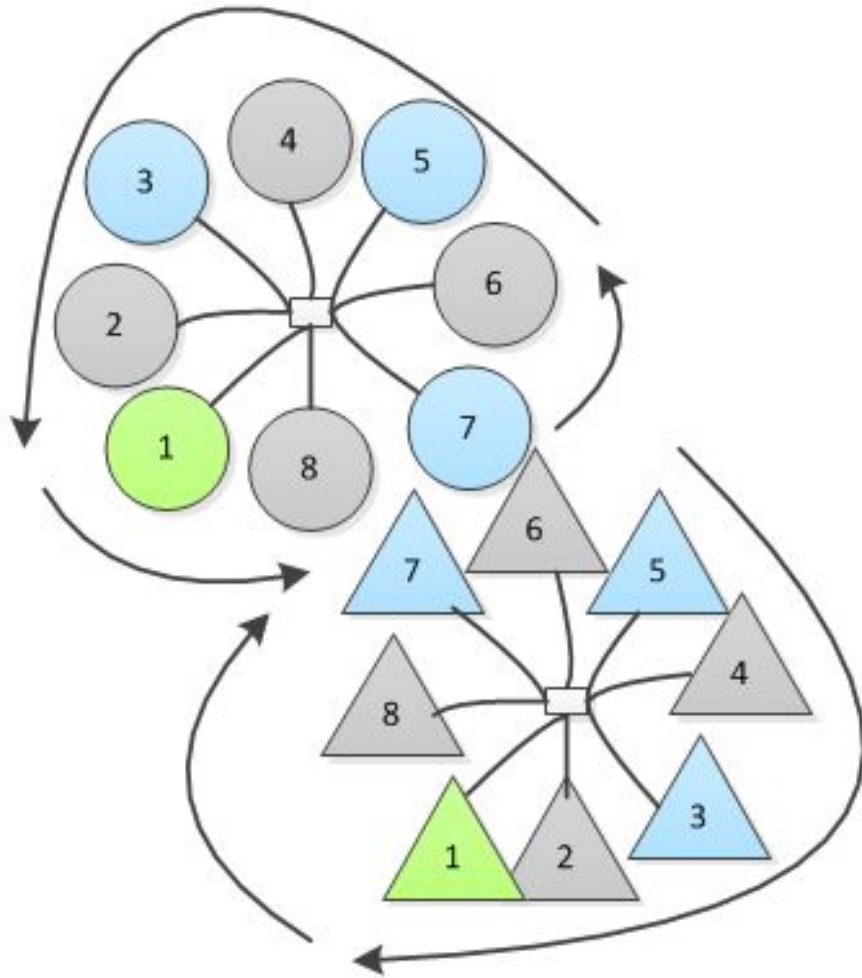
- Continue moving in a circle
- Release pinkies except continue to hold your partner's pinky
 - Girl's right pinky to guy's right pinky
 - Girl's right arm goes over her head to her partner
 - Girls' left hands to hips
 - Guys' left hands to suspenders
- Guys should still be stomping in rhythm at this time

STOMP



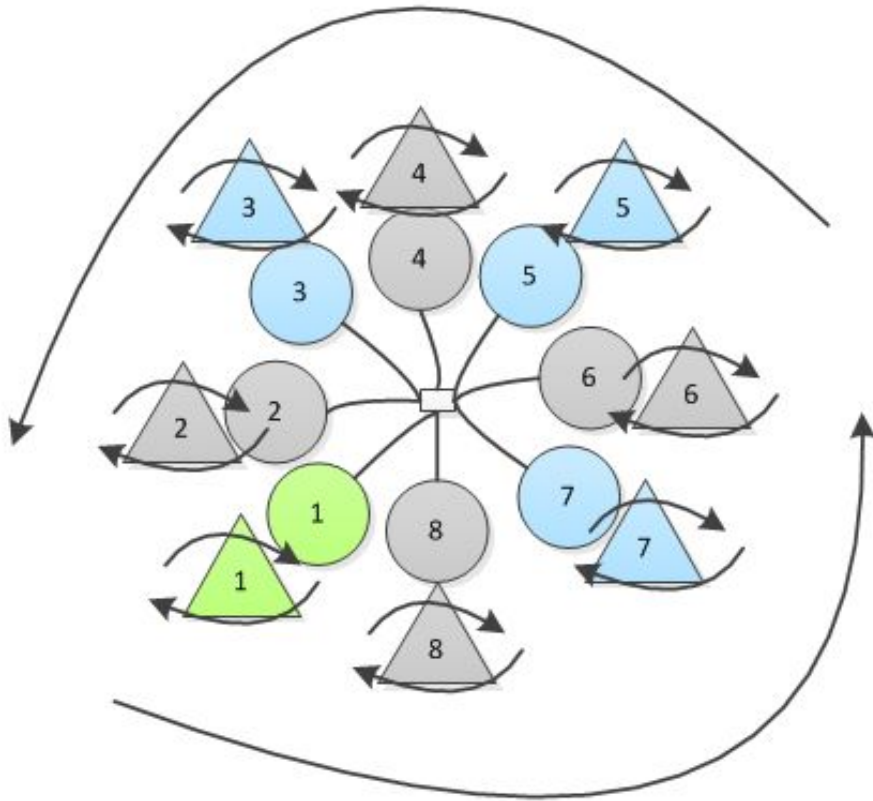
- Continue moving in the circle
- Guys reach their left hands to the center of the circle, all join pinkies
- Girls keep right arm overhead joined with guys' right arm

STOMP



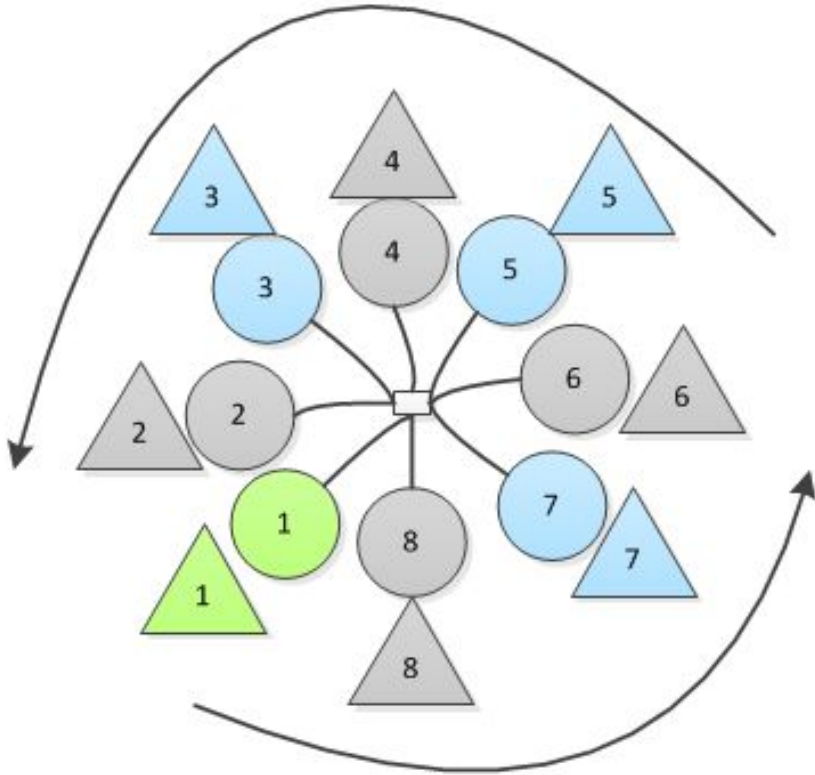
- Following the lead girl, girls one by one break off from the circle and join their own circle
- Girls join pinkies/thumbs of right hand at center of circle
- Two circles should move like gears, where the girls move behind their partner when the two circles meet

STOMP



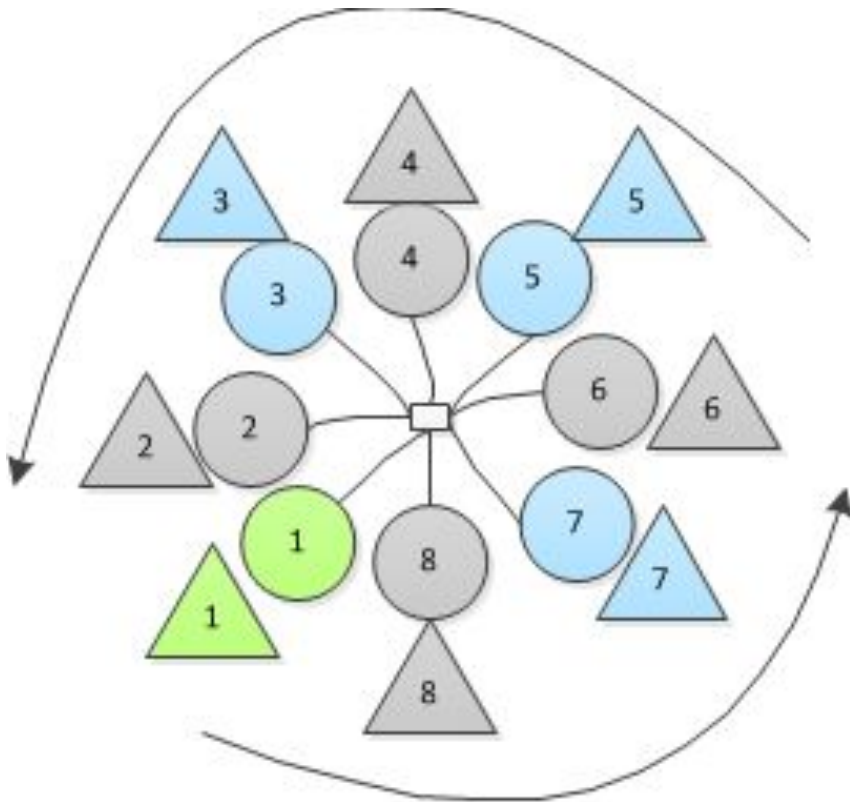
- When you meet your partner in the circles, girls will break off from the girls' circle
- Girls will join their left hand with their partner's right hand and will begin to twirl while moving alongside them in the main circle
- Guys will continue to have their hands linked at the center (and should still be stomping in rhythm)

STOMP



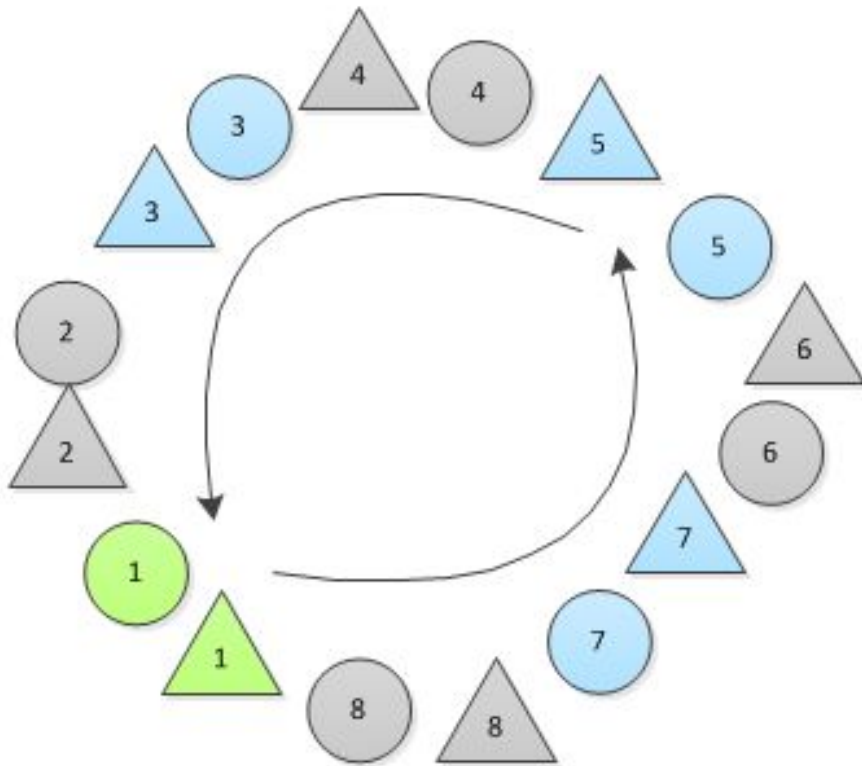
- Girls stop spinning, join their left pinky with partner's right pinky
- All continue moving in circle

STOMP



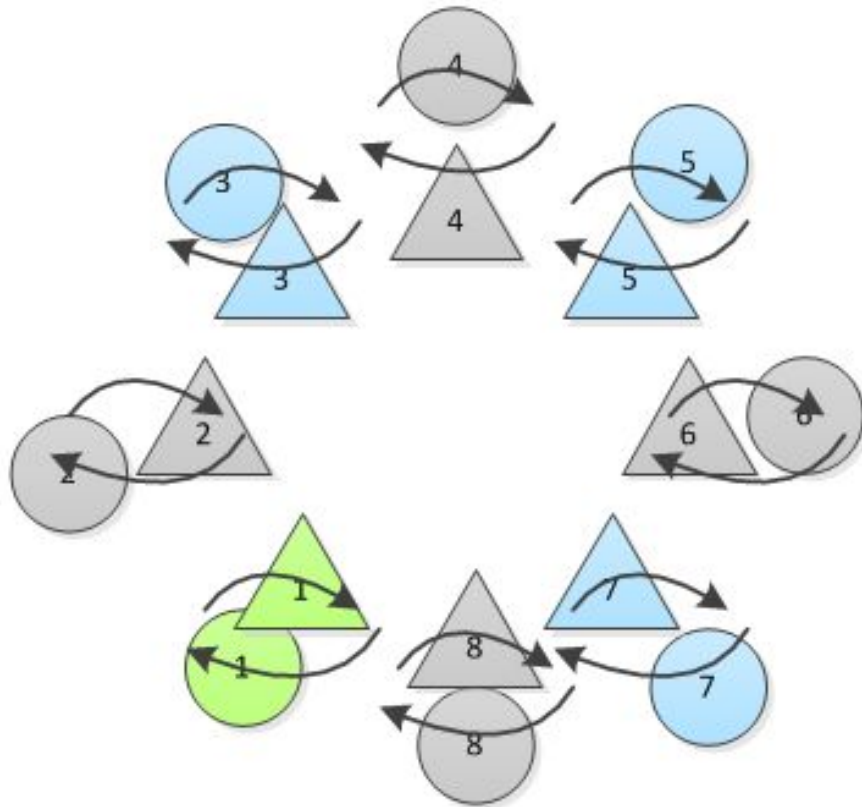
- Girls reach back with their right hand and take the thumb of the guy behind them
- Girls face **out** of the circle
- Guys continue to keep their left hands joined at the center of the circle

STOMP



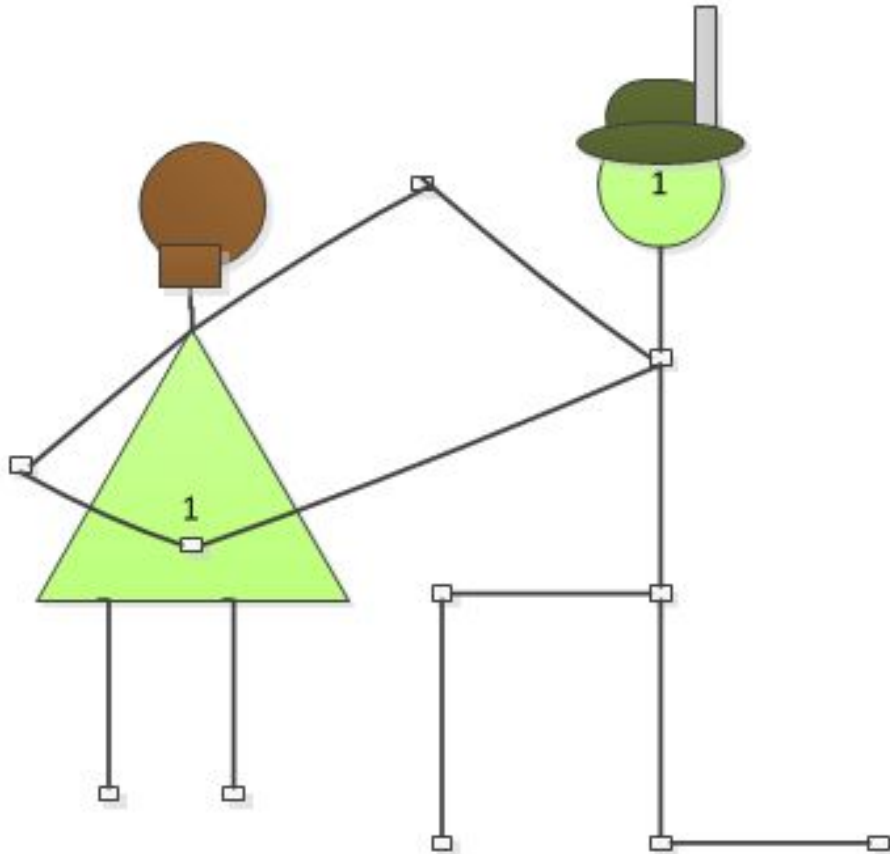
- Guys release their left hands from the center of the circle and instead join the right pinky of the girl in front of them with their left pinky
- All move in the circle facing forward
 - Girls: Left hand reaches straight forward to hold the left pinky of the guy in front of you. Right arm is bent, hand right by your head holding the right pinky of the guy behind you.
 - Guys: Right hand reaches straight forward to hold the right pinky of the girl in front of you. Left arm is bent, hand right by your head holding the left pinky of the girl behind you.

STOMP



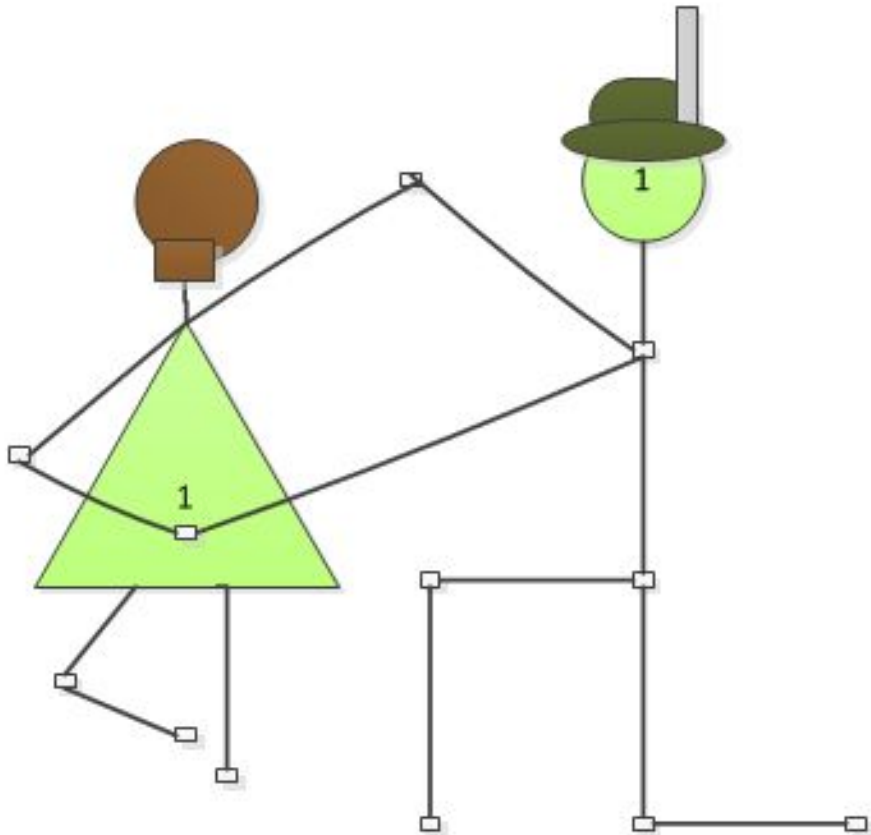
- Break off from the circle and dance with your partner

STOMP



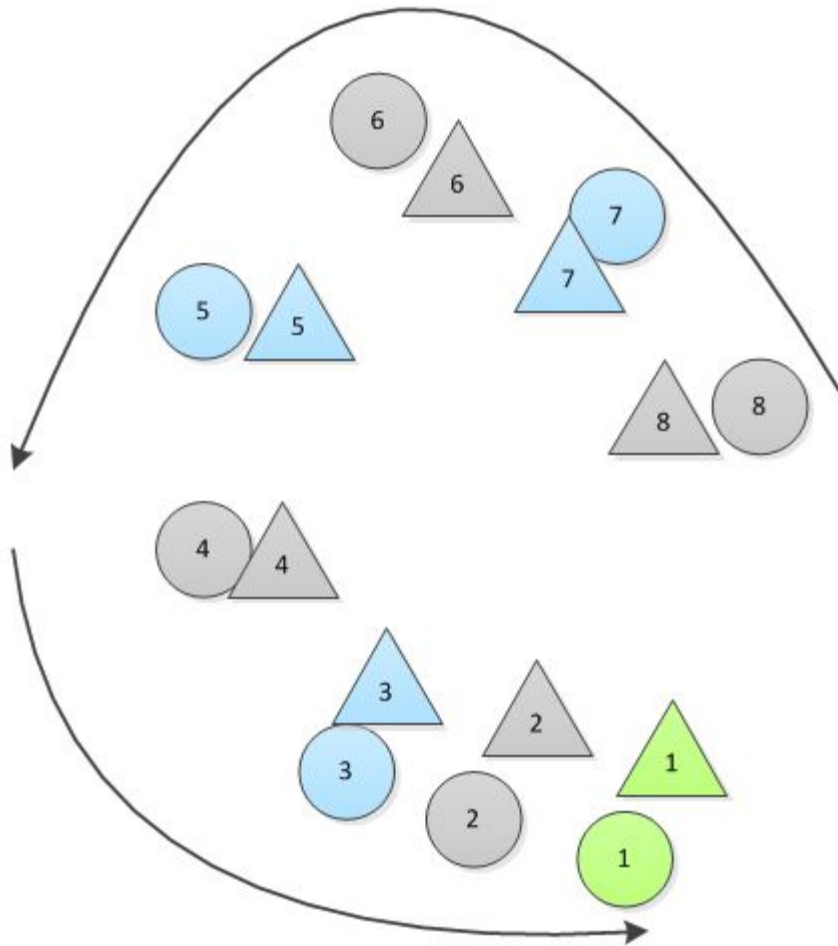
- Guys spin girls around and take a knee
- End with girl's left hand behind her back, right hand straight out holding their partner's hand

STOMP



- Girls curtsy
 - Step forward left, right, curtsy (left leg bends to curtsy)
 - Step back left, right curtsy (left leg bends to curtsy)
 - Repeat until next stomp

STOMP



- Guys stand join left pinkies with their partner's right pinky
- All promenade out

END