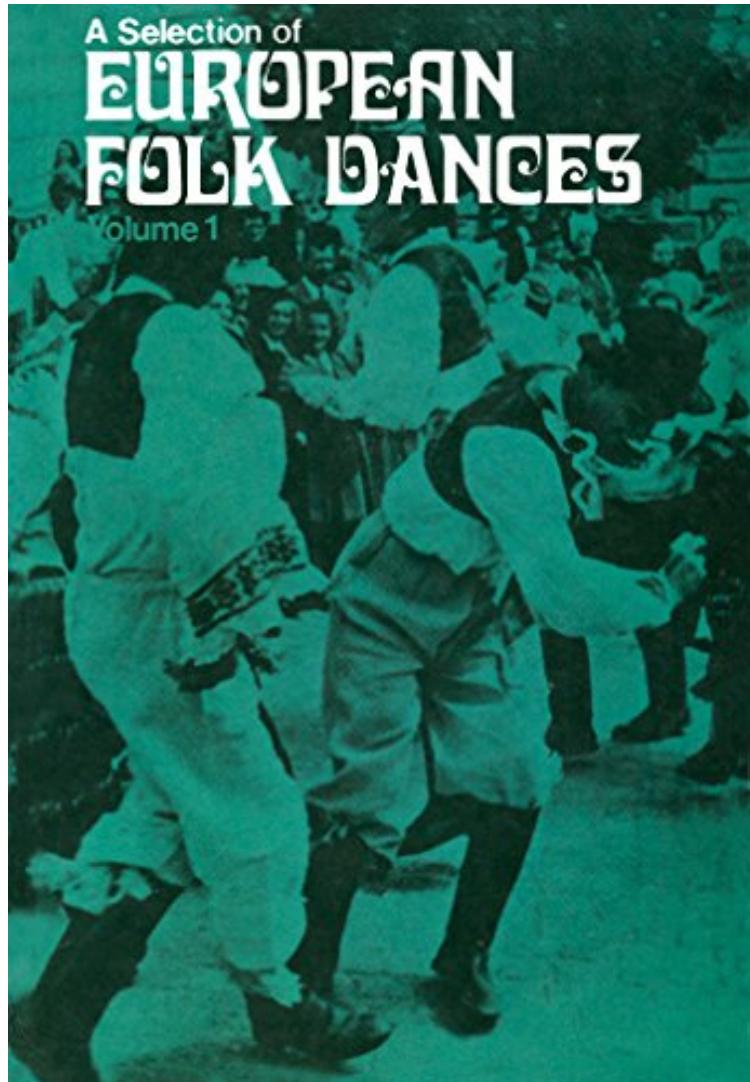


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## A Selection of European Folk Dances: Volume 1

*Yong Zhou*  
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**Yong Zhou : A Selection of European Folk Dances: Volume 1** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Selection of European Folk Dances: Volume 1:

A Selection of European Folk Dances, Volume 1 is a selection of folk dances from various European countries outside the British Isles, complete with dance sequence and music. These folk dances include Die Woaf from Austria; Jooksu Polka from Estonia; Kleiner Schottisch from Germany; Hakke Toone from Holland; Tarantella from Italy; Fyrtur from Norway; Wrona Gapa from Poland; Karapyet from Russia; Fyrmannadans from Sweden; and Meitschi Putz-di from Switzerland. This volume is comprised of 12 chapters and begins with a discussion on holds, which are of three types:

peasant hold, open peasant hold, and ballroom hold. The next chapter explains the basic dance steps, from balance and chasseacute; to hambo, Mazurka step, polka step, and waltz step. Subsequent chapters focus on European folk dances such as Die Woaf from Austria; Jooksu Polka from Estonia; Kleiner Schottisch from Germany; Hakke Toone from Holland; Tarantella from Italy; Fyrtur from Norway; Wrona Gapa from Poland; Karapyet from Russia; Fyrmannadans from Sweden; and Meitschi Putz-di from Switzerland. This book will be of particular value to dancers and folklorists.