

DØLA MASURKA  
Norway

The dance was learned by Ingvar Sodal in Gudbrandsdal, Norway.

PRONUNCIATION: DU(R)H-Lah mah-SUHR-kah

RECORD: Columbia SNSX 5002, Side 1, Band 5;  
RCA (LP) NES65, Side 2, Band 1;  
or any good masurka from Gudbrandsdal.

FORMATION: Cpls anywhere on floor, in shldr-waist pos throughout dance. Begin with M back to ctr (W face M) and move in LOD.

STYLING: The entire dance is done smoothly, with ft kept close to floor. Since the pattern change is made at the whim of the M, all cpls are not dancing the same pattern at the same time.

Steps are described for M, W use opp ftwk.

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METER: 3/4

PATTERN

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Meas.

INTRODUCTION: 1 meas.

STEP I: SDWD MASURKA

- 1 Moving sdwd in LOD, M step L to L (ct 1); close R to L (ct &); step L to L with somewhat shorter step than on ct 1 (ct 2); close R to L with a soft dip - take wt (ct 3).

Continue this step until the end of a musical phrase.

NOTE: Although cpls have shldr-waist pos during this step they may face slightly fwd in LOD, but not so much that R crosses over L on ct 3.

TRANSITION STEP:

This step is usually done on meas 8 (last meas) of a musical phrase; though it may also be done on any even meas (2,4,6,etc.).

- 1 Stepping RLR (W-LRL), exchange places with ptr by turning 1/2 turn CCW in place with M leading W across him on cts 2-3. M now face ctr and W back to is twd ctr.

Repeat dance from beginning (sdwd masurka + transition) with opp ftwk (M beg R, W L).

*Continued...*

STEP II: POLS TURN

The turn is danced very smoothly, with one CW turn per meas, and a slight dip on ct 2. Keep ft close to floor, and lean away from ptr.

- 1 M: Step L fwd to beg CW turn around W (ct 1); close R to L with partial wt and a slight dip, bend both knees, continue CW turn (ct &); put full wt on both ft, continue turn (ct 2); step R fwd turning R toe out sharply with a slight spring (this sometimes leads to a bkwd kick of L ft)(ct 3). This completes the turn which should have an even rotation.  
W: Turning CW in LOD, step R fwd (ct 1); close L to R (ct &); step R,L fwd (ct 2-3).

Continue turning until end of musical phrase, then repeat dance from beginning.

**NOTE:** The dance is somewhat free style and the various figures may be alternated freely and any number of meas may be used for each part, though changes usually are done with the phases.

This dance was published in Let's Dance, Sept. 1974 with some styling variations. Both sets of notes are correct. The differences are strictly regional as published in Let's Dance vs the way the dance is generally done throughout the entire area.

Presented by Ingvar Sodal  
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