

SOLLERÖ-LÅNGDANS
Sweden

The dance is also known as, Långdans från Sollerön, and is from the province of Dalarna, Lake Siljan district. It most quite probably has ceremonial roots, but is now danced recreationally. The dance was learned by Gordon Tracie in Sweden, 1970.

This dance, obviously of ancient origin, was "rescued" from the memory of a 101 year old woman on the isle of Sollerön in Dararna, in 1966. She had danced it in her youth. Folks would get together on a Sunday evening, she related, and join hands for the långdans, whether or not there was a fiddler to dance to, often making up words as they danced. Otherwise one could merely "tra-la" the melody -- which is the way it is usually done now, inasmuch as none of the old words were recalled.

PRONUNCIATION: Sohl-ehr-oe Long-dahns

RECORD: Viking SMF-200, "Regional Folkdances from Sweden," Side A, Band 1.

RHYTHM: Triple meter; "long-dance" quaver (8th note) pre-polska rhythm; moderately slow tempo; decidedly legato.

FORMATION: Dancers in a closed circle, in firm hand hold (see Preface).

STEP: Modified open polska (see below), step-lift (see below).

STYLE: Smooth, firm, somewhat restrained, but with spirit, fixed pattern.

METER: 3/4

PATTERN

Meas.

Dancers in closed ring with firm hand hold, facing diag L, preferably (but not necessarily) ptr-wise.

PART A: 1st theme: two 8 meas phrases

1-8 + Beginning on L, do 16 modified L open polska steps moving to
1-8 L, danced as follows:

Ct 1 - Step diag L fwd on L.

Ct 2 - wt temporarily on both ft, R remaining in place.

Ct 3 - bring R to L (approx at instep), L remaining in place.

PART B: 2nd theme: two 8 meas phrases

1-4 Beginning on L, do 4 light step-skips (L,R,L,R) as follows:

Ct 1 - Step L diag L with light stamp.

ct 2 - Hold.

Ct 3 - Skip L diag fwd, while lifting R up approx 1 ft. length.

Ct 4-6 - repeat cts 1-3 with opp ftwk and moving diag bkwd.

5-8 Begon on L and do 2 modified L open polska steps moving L.

9-16 Repeat meas 1-4.

Repeat dance as many times as music allows.