

MELLPARING (SCHOTTIS VARIANT) FRÅN STUGUN

- Music: Slow schottis from Jämtland
- Positions: Forestep: Open shoulder-waist.
Omdansning and resting figure: Position # 3.
- Forestep: Walk 4 steps forward (2 measures). M leads W in front of him while each take 2 walking steps, so that he now faces LOD direction and she faces him (1 measure). Start omdansning, as below (1 measure).
- Omdansning: Count 1-2-3-4 (1 measure = 1 rotation).
M: L forward in LOD (ct 1). Turn $\frac{1}{2}$ rotation on L sole, gathering R foot close to L foot (ct 2). R back in LOD (ct 3). Turn $\frac{1}{2}$ rotation in R heel, gathering L foot (ct 4).
W: R behind L foot (ct 1). Light running steps on L-R-L to complete one rotation (cts 2-3-4)
- Resting figure: Walking, 2 steps per measure, M forward in LOD, and W backward.
- General Comments: After omdansning, couple may return to the forestep or do the resting figure. Typically, one would use the forestep only at the beginning of the dance, and not return to it. The name of the dance implies that it may have originated in the neighboring province of Medelpad, before it was developed in Jämtland.