

Presented by Gordon Tracie

SNOA (Polka)
Sweden

This is a traditional old time dance done generally throughout Southern and Central districts of Sweden. It was learned by Gordon Tracie in 1948 in Sweden, and taught at Skandia Folkdance Society, Seattle, Washington.

It is also known in Sweden as: Slunga, Kagge, Tsiffsa.

TRANSLATION: Pivot-spin (dance) to polka

PRONUNCIATION: Snoo-ah polka

RECORD: Viking V820-b (45)

RHYTHM: Duple meter; polka rhythm; moderate to moderately fast tempo; temperament varying according to musical style.

FORMATION: Cpls in a circle (W on M's R), moving and facing LOD (CCW), in open shldr-waist pos.

STYLE: Light, not plodding; free form.

METER: 2/4

PATTERN

NOTE: The following parts are not figures in the regular sense, but merely two dance positions with rest-step and turn which are alternated at will, with no fixed number of meas for either. Generally however, for esthetic reasons, the transition with stamp is made at the beginning of a phrase of music.

PART A: OPEN STEPS FWD

In open shldr-waist hold, begin on outside ft and move fwd in LOD with light and springy running-type steps (wt primarily on sole of), one step to each ct.

TRANSITION & CLOSED PIVOT-SPIN:

Whenever desired -- preferably on the 1st ct of the last meas of a phrase -- M do a short jump onto both ft with a stamp, followed by stepping between W ft with M R, into LOD, to assume closed pos; during this, W steps R,L (without stamp). Cpls then continue to turn CW with running-type pivot-spins, M: L,R; W: R,L, making a full turn on each 2 cts. With appropriate polka music, the turn has a definite bouncy character.

Cpl may revert to open "rest" step at any time by merely breaking out into open pos again.

Note: Throughout the entire dance, the same alternation of ft is maintained without interruption.