

## Armbagsleken från Evertsberg (Sweden)

Translation: Elbow dance from Evertsberg.

Pronunciation:

Cassette: Englund cassette - Stockton 1991

3/4 meter

Formation: 1st Variation Music - very slow tempo

Beginning position: equal numbers of M and W in a circle holding hands down.  
Facing from front, W are in a half circle on the L, M in a half circle on the R.

2nd Variation Music - slow tempo

Beginning pos like above but with dancers very close to each other.

Hold: Elbow hold, free arm hanging.

Steps:

Step A.

With slightly bent knee, R ft takes one step fwd (1); rest (2); make 1/4 turn to the R on R sole while lifting L ft (2 and); L ft steps in front of R ft while hand hold is dropped (3); slight turn to L on L sole (3 and).

Step B.

With slightly bent knees, step fwd on R ft (1); rest (2); make 1/4 turn to the L on R sole while lifting L ft (2 and); fwd step with L ft (3); turn slightly to the R on the L sole (3 and).

R ft steps in front of L (1); rest (2); and so on ...

Note that the rest takes place on the and 2, the turning on 2 and, and 3 and. R ft steps decisively.

Execution: During the 4 introductory cts, the hold is dropped. The dancers turn so that the lead cpl (standing together in the front) are facing one another, W CCW, M CW. The dancers behind the lead cpl face the same direction as the lead cpl.

Lead cpl start dance with Step A by reaching out R arms and grabbing the ptr's elbow from underneath thereby causing the insides of the lower arms to be resting on one another (1); rest (2); release grip (3). On the next meas the next cpl in line enter the dance with Step B by turning to the L on the L sole (3 and) taking L elbow hold and taking a step fwd on the R ft.

One by one, the dancers who have so far stood still get into the dance, every other one starting with R elbow hold and Step A, and L elbow hold with Step B until all are dancing.

Presented by Tommy and Ewa Englund