

LÅNGDANS FRÅN SOLLERÖN
(Sweden)

This long-dance comes from the island of Solleron in Lake Siljan, Dalarna, Sweden. It is a continued development of the early medieval dances from the southern part of France. A dance description and information is published in Beskrivning av Svenska Folkdanser, Part 2, Svenska Ungdomsringer fro Bygdekulter, 1971.

Pronunciation:

Cassette: Englund special cassette; Bygdedansmusik RC-206 Side A/1
3/4 meter

Formation: Dancers in a closed circle or line facing L of ctr. Join hands with R hand on top of neighbor's L. Lift own R arm and rest it on R side just below chest. L hand is still held in R hand of person to L.

Steps: **Föresteg:** Step L in RLOD (CW) (ct 1); pause (ct 2); step on R beside L (ct 3). Step repeats exactly.

Step-hop: Step on L in RLOD (ct 1); pause (ct 2); hop (small) on L while R ft (R knee bent) is lifted straight up (ct 3). Repeat of step would be on R ft.

Meas

Pattern

A 1-16 I. CIRCLE TO LEFT
Dance 16 Föresteg moving in RLOD (CW). If dancers are in a line, leader may wind irregularly.

B 1-4 II. STEP-HOPS
Continuing, dance 4 Step-hops beg L.
5-6 Dance 2 Foresteg steps.
7-12 Repeat meas 1-6.

Repeat dance from beginning until end of music.

Presented by Tommy and Ewa Englund