

LÅNGDANS FRÅN SOLLERÖN

Darlana, Sweden

This dance is a remnant of medieval dances from the southern part of France. They go back at least 800 years when it was most common to dance, with simple and repetitive steps, in a circle or line formation. Any number of dancers, whether men or women, may join.

This dance was first presented in 1976 by the Philochoros Folk Dancers from Uppsalla University. It was taught again in 1988 at the Idyllwild Folk Dance Camp by Bo Petezon of Sweden.

PRONUNCIATION: long-DAHNS from soll-ehrr-UHN

MUSIC; Langdans from Sollerön; the music is sung by the dancers, and instrumental accompaniment is dispensable.

FORMATION: Closed circle or open line moving in RLOD (CW). Each dancer takes the hand of the dancer behind, the dancers R arm is over the R neighbors L forearm, with elbows bent forearm is parallel to floor, arms held tightly tog. Dancers shldr to shldr. The first and last dancers' free arms loose by side.

The dance may be started in a circle form, then broken into a line with the leader spiraling or snaking the line around as he likes.

STEPS: All steps occur on cts 1 and 3, hold on ct 2.

Polska foresteps: Step L fwd with accent (ct 1); beg moving R fwd (ct 2); step R next to L (ct 3).

Step-hop: Step L fwd (ct 1); hold (ct 2); hop on L, lift R beside L leg (ct 3). Repeat with opp ftwk.

METER: 3/4

PATTERN

Meas.

PART I:

1-8 Face L of ctr - do 8 "polska foresteps" (16 steps), beg L.

PART II:

1-4 Do 4 step-hops in RLOD, alternating ftwk, beg L.

5-6 Do 2 "polska foresteps"

7-10 Do 4 step-hops

The above dance notes are a combination of dance notes from the Uppsala Folk Dancers and Idyllwild Folk Dance Camp.

Dance notes by dd, 12-92