

Presented by Ingvar Sodal

MASURKA  
Norway

RECORD: RCA LP NES 65

FORMATION: Couple dance, any number of couples moving LOD.  
Shoulder-waist position.

STEPS: Sideways masurka-step, turning masurka-step CW,  
two-step CCW.

CHARACTER: Light and springy

Sideways masurka-step:

The step is the same for both M and W, except beg  
on opp ft.

1. L ft to the side, small dip mostly in the ankle. Move R close to L.
2. Stretch L, put weight on R
3. Move L to L again, but shorter, with a slight dip in L knee.
4. Stretch L knee and move R close to L.
5. Step on R, with a soft dip.
6. Stretch on R, and let L be free for the next step.

Turning masurka-step CW:

Woman: Transition: Starting on R, she dances RLR slightly fwd  
and to her R.

Masurka-step: Same as sideways masurka-step leading with  
L and at the same time turning CW.

Man:

1. L ft to the L and slightly back.
2. Stretch and twist gently while closing R twd L.
3. Set R close to L and dip as the turn continues.
4. Stretch and move R fwd.
5. Set R fwd and dip slightly.
6. Stretch up on R.

Two-step CCW:

Description is for M. W step is identical except opp ftwk.

1. Set L to side and slightly back and dip.
2. Stretch and close R twd L.
3. Set R close to L with a light dip, without R heel touching floor.
4. A short, quick stretch.
5. L ft to the L and back and dip so that heel almost touches floor.
6. Flex L knee and stretch so as to prepare for the dip in the next step, starting on R. The twist CCW is emphasized on this last stretch.

*continued...*

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Masurka-continued

SEQUENCE:

- A. Dance 2 or more sideways masurka-steps LOD. M starts on L, W R.
- B. Make 1/2 turn CCW on one two-step.
- C. Dance 2 or more sideways masurka-steps LOD, this time starting with M R and W L.
- D. Make 1/2 turn CW on one two-step.
- E. Turning masurka-steps CW, one turn on each step. Any number of turns.
- F. Two-steps CCW, 2 steps for each turn.

One may alternate freely between masurka-turn CW and the CCW turn, but usually there are sideways masurka-steps between the two turns.