

Cebs

MUSIC FOR SWEDISH ETHNIC DANCES:

NORTHERN SWEDEN

Instruction Manual  
by Kenneth Seeman

The following are some of the dances that can be done to the music on the record, Music for Swedish Ethnic Dances: Northern Sweden. Other dances may be done to some of these melodies, just as other melodies may be appropriate to some of the dances. Except where indicated, the dances are entirely free-style, so that any figure may be done as often or as long as desired. Unless specified, the dances rotate CW and progress CCW.

Since it is the character of the steps that distinguish these dances, rather than the sequence of the figures, any description can be only approximate. A totally accurate description would be similar to describing, in print, a dialect of language. Accordingly, these notes are intended as refreshers for those who have already learned the dances, and not as instructions for those unfamiliar with them.

ABBREVIATIONS

- M - Man
- W - Woman
- L - Left
- R - Right
- ct - count
- CW - Clockwise
- CCW - Counter Clockwise
- LOD - Line of Direction

Note: "Omdansning" refers to any turning pattern by a couple in closed position.

### Frequently Used Positions

1. Polska position. M holds W with R arm around her waist, and L arm on her arm just below the shoulder. W holds M with L hand around his upper arm at the shoulder, and R arm around his arm below the shoulder, folding her R arm into his L arm.

2. Bakmes polska position: Same as # 1, but opposite in all details.

3. M's right hand around W's waist, and W's L hand around M's upper arm. M's L arm under W's arm, his L hand placed on her shoulder. W's R hand on M's shoulder, outside his L hand or arm. M's and W's forearms are vertical. This is a close position with bodies erect.

### Commonly Used Dance Steps

Always start on outside foot. M's steps are described below; W dances counterpart.

Druff step (2/4 meter): a common polka variant. Count 1-2-3-4 (1 measure). Long step on L (ct 1). Short step on R (ct 2). Long step on L (ct 3). Slight bend and lift on L (ct 4). Repeat, starting on R.

Basic schottis step (2/4 meter): Count 1-2-3-4 (1 measure). Step forward on L (ct 1). Draw R foot up to L (ct 2). Step forward on L (ct 3). Lift (don't hop) on L (ct 4). Repeat, starting on R.

Schottis omdansning (2/4 meter): Count 1-2-3-4 for one rotation (1 measure). R foot between partner's legs, turn CW on L sole (ct 1), come down on L heel (ct 2). Turn CW on R sole (ct 3), come down on R heel (ct 4). Repeat, starting on R.

Polska forestep (left forestep), (3/4 meter): Count 1-2-3 (1 measure). Short step forward on L (ct 1-2). Step on R, somewhat past L foot but with L sole remaining in place (ct 3).

RINGLÄNDER (SCHOTTIS VARIANT) FRÅN HEDE

Music: Band A, 7.

Positions: Open position turning: M's right hand holds W's L hand, held over the level of W's head.  
Omdansning: M holds W's L hand with his R hand behind her back. M's L and W's R arms are placed on partner's shoulder from behind, M's over W's.

Step: Count 1-and-2-and-3-and-4 (one measure).  
Step on outside foot (ct 1). Come up slightly on ball of foot, and come back on whole foot (ct and-2). Repeat on inner foot (ct 3-and-4).

Open position step: M: walks forward with above step 7 measures, then turns CW under joined hands on 8th measure.  
W: turns under joined hands CW 4 measures, and then CCW 4 measures, using the lift onto the ball of her foot to assist her in the turn.

Omdansning: Above described step and position, both CW and CCW.

General Comments: A number of schottis variants in parts of Sweden that have been culturally connected at one time to Norway, may have features similar to a Norwegian Reinländer, such as the rising up on the ball of the foot in this dance. These dances in Sweden often bear names that suggest this relationship (e.g. Ringländer, Realänder, Röjländer, Rejländer, etc.).