

SCHOTTIS FRAN LINGSJO (Dalarna)
Schottische from Lingsjo

Couples in an open circle which moves CCW. Preferably an even number of couples so that two couples can form a group for part IV.

MUSIC A slow schottische

POSITIONS During the schottische step the man takes the woman's left hand from the front (hand in hand). All arms should hang down freely. During the turn as a couple take the polska position.

- STEPS A) Schottische step without the hop on the fourth beat. Instead dance all steps with flexed knees.
B) Pas-de-basque, but smoothly. Note! Two pas-de-basque steps take the same time to dance as one schottische step.

THE DANCE Part I Two schottische steps forward (measures 1-2), the man beginning with the left foot and the woman with the right foot. During measure 1 both face in toward each other and during measure 2 they face out in a natural way. Dance four sets of pas-de-basque steps while turning CW as a couple to make two complete turns (measures 3 - 4). Repeat measures 1 - 4 (measures 5 - 8).

Part II The man dances two schottische steps forward.

The woman dances two schottische steps turning CCW two turns under the man's raised right arm (measures 1 - 2).

Four pas-de-basque steps CW, making two turns as a couple (measures 3 - 4).

Repeat measure 1 - 4 (=measure 5 - 8).

Part III Same as part I, but the turn as a couple using pas-de-basque steps is done CCW.

Part IV One schottische step forward (measure 1). Then let go of hands. The woman dance the second schottische step in place. The man in the second couple dances his second schottische step fwd. to the first couple's woman, while the man in the first couple dances in a bow moving outward and backward to the second couple's woman (measure 2). Then the "new" couples turn CW with four pas-de-basque steps to make two complete turns measure 3 -4 so that the men get back to their original place.

The whole dance can be repeated an unlimited number of times.