

SCHOTTIS FRÅN MAVERÖ (Medelpad)
Schottische from Maverö

The dance is danced by couples in an open circle moving CCW. It consists of four parts (A-D) which can be danced in any order. However it is preferable to dance part D when the couple ahead is dancing part C.

MUSIC: A slow schottische (4/4 meter). Count 1,2,3,4 for every measure.

POSITIONS during schottische step; Part A and C - Open hold with the outer arms hanging. The man holds the woman's hand from the front the inside of their hands together.

Part B and D - Hanging arms following the body's movement.

During the turns: The polska position.

STEPS: Schottische step without a hop on the fourth beat. Instead, use flexed knees during all the steps. The woman starts with her right foot and the man with his left foot.

During the turns: Part A, B and D - The man takes one step forward with his left foot crossing over his right foot, pivots CW half a turn on the ball of his left foot (1,2). During (3,4) he takes one step forward with his right foot in the line of direction and pivots CW a quarter of a turn on the ball of his right foot.

The woman has the same steps, only she starts dancing in the line of direction with the right foot. While the man dances the steps described for (1,2), the woman dances those described for (3,4), and vice versa.

Part C - The schottische step as described above.

THE DANCE Part A (8 measures)

I (2 measures):

Man and woman dance two schottische steps forward and in a natural way facing in toward each other during the first measure and facing out during the second measure.

II (2 Measures):

Turn two complete turns as a couple, Repeat I and II.

Part B (8 measures)

I (2 measures):

Same as part A I, but with freely hanging arms.

II (2 measures):

Same as part A II. Repeat I and II.

Part C (8 measures)

I (2 measures):

Same as part A I

II (6 measures)

Turn as a couple with schottische steps to make three complete turns.

Part D (8 measures)

I (2 measures):

Same as part B I

II (2 measures):

Same as part B II

III (2 measures):

Same as part B I, but the man and the woman separate and dance past the couple ahead.

IV (2 measures):

Same as B II