

SNOA

Music: Band A, 4; B, 4.

Position: Open shoulder-waist.
Omdansning: Closed position # 1 or # 3.

Forestep: Walk in LOD.

Omdansning: Count 1-and-2-and-3-and-4
(one measure = 1 rotation). Right feet
between partner's legs.
M: Step slightly back on L (ct 1). Come
up on ball of foot and back down on whole
foot (ct and-2). Step slightly forward
on R (ct 3). Up and down on foot (ct and-4).
W: Same as man, but stepping R when he steps L.

General Comments: Dancers may alternate at will between the
schottis and omdansning, clapping if they wish
just before the omdansning. In the omdansning,
there is a gentle rocking motion, back for
the man and forward for the woman on the first
beat, and the reverse on the second. Although
this dance has occurred in Hede, similar zig-
zag schottis variants are found in other
countries.

WILKING

Music: 2/4
Positions: Forestep: Open shoulder, feet apart
Facing partner and resting figure.

Foresteps: Walk 2 steps forward (1 measure). 2 steps
W is forward on R while each take 2 walking
steps, so that he now faces W's direction
and she faces his (1 measure). Start
omdansning, as below (1 measure).

Omdansning: Count 1-2-3-4 (1 measure = 1 rotation).
M: 1 forward on L (ct 1). Turn 1/2 rotation
on L sole, gathering 2 feet close to 2 feet
(ct 2). 2 back on R (ct 3). Turn 1/2
rotation on R heel, gathering 2 feet to 2
W: 2 steps 1 foot (ct 1). Right walking
steps as below to complete one rotation (1-4).

Resting figure: Walking 2 steps per measure, 2 forward
in 1st, and 2 backward.

General Comments: After beginning, couple may return to the
Forestep or to the resting figure. Typically,
one would use the Forestep only at the begin-
ning of the dance, and not return to it. The
name of the dance implies that it may have
originated in the neighboring province of
Hedelpad, before it was developed in Jämtland.

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).