

SNURREBOCKEN

A folk dance from Sweden
 Record **FOLK DANCER MH 1047**
 (Twirling, dancing Goats)

Snurrebocken

Ordinarily the same foot work is used by both men and women in folk dancing. There are however exceptions such as the "Hambo" or as in this dance, "Snurrebocken". It is suggested that the men and ladies learn their steps individually before attempting the dance with a partner.

MAN'S STEP:

Count 1: Step on Left foot and make a complete pivot on Left toe, clockwise,

Count 2: Finish the pivot by bringing Right foot down beside the Left foot and place weight on the balls of both feet and flex both knees.

Count 3: Take a long step forward on Right foot again. Note that you have placed the Right foot down on the floor twice in succession.

Continue with the same step, that is Left, Right, Right; Left, Right; turning clockwise as you move counterclockwise around the ring. Hands will be on the lady's waist during this figure. Until some experience is acquired, it will be difficult to do a complete pivot...it will come with practise. The step should be smooth, close to the ground. There is positively no jumping, leaping, hopping in the man's Snurrebocken step. Note too that the Left foot is the one that takes the LONG step forward each time.

LADY'S STEP:

Count 1: Jump lightly on both feet...feet together.

Count 2: Leap lightly onto the Right foot

Count 3: Leap lightly onto the Left foot

Do this step several times in place: Jump, Right, Left, Jump, Right Left, until you feel confident. Then try the same step turning clockwise and moving counterclockwise around the ring. The legs should be slightly apart in a straddled position on the two leaps of counts 2 and 3. Both hands will be on the man's shoulders and remember that the steps should be light and tiny.

COUPLES DO THE ABOVE STEP IN SHOULDER-WAIST POSITION, BACK TO FACE, turning clockwise and moving counterclockwise around the ring.

**THE DANCE:
INTRODUCTION**

Face partner, hands on own hips. After the first three notes do a deep bow to partner on the 4th note. About face on the next 3 notes and bow with back to partner. Since the dance depicts goats dancing an occasional butt is permissible in this part. During the next 3 steps, face partner and prepare for Snurrebocken step.

PART 1:

Take shoulder-waist position and do the steps described above man starting with a step forward on Left foot and lady with a jump on both feet. This step is done for 8 measures of music.

PART 2:

Assume side by side position, with man's Right arm around lady's waist. Lady has her Left hand on his nearest shoulder. Both run lightly forward 16 steps. **DO NOT USE A GOOSE KICK!** Free hands are on hip. Repeat dance from beginning, with the bowing.

Dance Directions from
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