

Presented by Gordon Tracie

SNURRBOCKEN
Snörrbottjen
Sweden

This is a traditional formalized folk dance, and is done throughout the entire country. It was learned in Sweden in 1948 by Gordon Tracie.

This dance has, of course, long been a favorite of international folk dancers in the U.S.A. What is not widely known over here is that there are several versions of it in its homeland, Sweden -- all equally "authentic." Unlike the Americanized form they all traditionally begin with the "rundpolska," the closed polska turn. The name itself suggests this: "snurr" = spin or whirl; "bock" = bow. Hence, "The whirl-and-bow" dance. The bowing sequence is a bit of rustic satire in which yesteryear's less privileged country folk would mimic the affected mannerisms of the upperclass. The common "formalized folk dance" form of Snurrbocken was "standardized" before the turn of the century, and is the one described here.

PRONUNCIATION: Snurr-bohkk-en

RECORD: Viking V-200-a
(Domestic U.S. recordings are not suitable for this Swedish rendition)

RHYTHM: Triple meter; quaver (8th note) polska rhythm; relatively fast tempo on turn; bouncy temperament.

FORMATION: Cpls in a circle (W on M's R) moving and facing LOD (CCW), in closed shldr-waist pos. When hands are free they are on hips with fingers fwd.

STYLE: Bouncy, animated (but not gross); fixed pattern.

METER: 3/4

PATTERN

INTRODUCTION:

PART A: CLOSED POLSKA TURN ("RUNDPOLSKA")
1-8 In closed shldr-waist pos, do 8 full polska steps turning with an even bounce on each ct, knees slightly flexed so that the turn is "springy."

PART B: OPEN RUN FWD
1-8 In open shldr-waist pos, do 24 light running steps (not shuffles or kicks!:) fwd in LOD. Free hands on hips.

PART C: EXCHANGE OF BOWS
Ptrs separate so that M are on the inside facing out and W facing M; both have hands on hips

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