

SNURRBOCKEN FRÅN MEDELPAD
(Sweden)

Snurrbocken from Medelpad is known to have been danced spontaneously as late as 1895, but the tune was not noted until 1930. A complete description was not written until 1956, after a fiddler interviewed an elderly couple who danced it in their youth. Its present revival is credited to Göran Karlholm of Jamtland. The name comes from two Swedish verbs: "snurra", meaning to whirl or rotate, and "bocka", meaning to bow. Dance is progressive.

Pronunciation:

Record: Viking SMF 201 Side A/6; Viking SMF 200 Side B/4.

Cassette: Englund special cassette 3/4 meter

Formation: Cpls in circle in polska pos, M back to ctr.

- I. POLSKA TURN
8 meas Moving in LOD (CCW) dance Medelpad senpolska step for 8 meas. See "Senpolska från Torp" for description.
- II. TURN IN PLACE
8 meas Beg ML and WR ft, turn in place with walking steps, 1 to a ct with a slight knee bend on ct 1 of each meas. Turn CCW for 4 meas in reverse polka pos with L hips adjacent. Turn CW in place for 4 meas in polska pos with R hips adjacent. End in single circle, ptrs facing and M facing LOD. Hands on hips, fingers fwd.
- III. BOW AND CURTSEY
3 meas M bows and W curtsies: to each other on meas 1, twd ctr on meas 2, to ptr on meas 3.
- IV. PROGRESSION
1 meas M walk R,L,R in LOD to W ahead (hands hang at sides). Take polska pos with M back to ctr to begin dance again.

Presented by Tommy and Ewa Englund