

OSU FOLK DANCE CAMP 1978

SNURRBOCKEN FRÅN MEDELPAÐ

Whirl-and-bow-dance from Medelpad

Couples in an open circle, which moves CCW.

MUSIC A polska (3/4 meter), a special melody which is played somewhat faster than Slow polska from Torp.

POSITIONS During part I use polska position. During part II use reversed polska position when dancing CCW and polska position when dancing clockwise. During part III put hands on hips.

STEPS During part I, the same polska steps as in Slow polska from Torp. During part II, walking steps with knee bend on (1).

THE DANCE Starting position: Couples in polska position standing in a circle with the woman facing in, and the man facing out.

Part I = Polska turn:

Without doing the introduction steps dance the polska for eight measures.

Part II = Turn:

The man starts with the left foot and the woman with the right foot. The couple turns in place with walking steps with knee bend on (1), first CCW for four measures in reversed polska position, then CW for four measures in polska position.

Part III = Bow and courtesy:

The man and the woman face each other, the man's left side and the woman's right side toward the center of the circle. The man bows and the woman courtesies, toward each other on the first measure toward the center of the circle on the second measure, and toward each other on the third measure.

Part IV = Transition:

During the interlude the man takes three steps (right, left, right) in the line of direction toward the next woman and they prepare to begin part I. During the change of partners, arms are hanging down.