

SNURRBOCK FRÅN MEDELPAD

Music: Band A, 6.

Positions: Polska: same position as in Senpolska från Torp.  
Three-steps: Closed position # 1 when CW, and # 2 when CCW.  
Bowing: both hands on hips, fingers forward, thumb back.

Measure: Figure 1:  
1-8 Omdansning as in Senpolska från Torp, without  
forestep.  
Figure 2:  
9-12 Three-step (light step, between a run and a walk, accenting the first beat). CCW in place (do not progress).  
Figure 3:  
13-16 Three-step, CW in place.  
Figure 3:  
17 M and W face each other, M facing LOD, and bow.  
18 Turn to face center of ring, and repeat bow.  
19 Face partner, and repeat bow.  
Figure 4:  
20 M advances to the next woman by walking to LOD three steps, starting on R, arms hanging.