

SNURRVALS FRÅN HEDE

Music: Band A, 3, 8; B, 9.

Positions: Waltz from and away from each other: hold inner hands at shoulder level, outer hands hanging.
Turning without partner: arms hanging.
Omdansning: M takes W's L hand with his R behind her back, and her R hand with his L behind his back.

Figure: Starting on outer feet, dance small waltz steps 1 measure away from each other, than 1 measure toward each other, while the inner hands are brought forward and then backward. Then hands are dropped, and each waltzes one rotation around by himself (2 measures), M turning CCW, and W, CW. Repeat, but this time each waltzes by himself two rotations (4 measures). Repeat one more time, now rotating three times (6 measures).

Omdansning: Waltz, CW or CCW as desired, flat footed, with soft knees.

References:

1. Inger and Göran Karlholm: Gamla Dansar från Hålsjöden, Hålsjöed, Rönnebyland. Gviken, 1974.
2. Göran Karlholm, Johan Larsson, Ingvar Korman: Svenska Folkdanser, Del II. Svenska Ungdomsrådet för Gymnastik. 1971.
3. Göran Karlholm, ed.: Svenska Folkdanser. Svenska Ungdomsrådet för Gymnastik. 1971, revised 1984.

MUSIC FOR SWEDISH ETHNIC DANCES:

NORTHERN SWEDEN

Instruction Manual
by Kenneth Seeman

The following are some of the dances that can be done to the music on the record, Music for Swedish Ethnic Dances: Northern Sweden. Other dances may be done to some of these melodies, just as other melodies may be appropriate to some of the dances. Except where indicated, the dances are entirely free-style, so that any figure may be done as often or as long as desired. Unless specified, the dances rotate CW and progress CCW.

Since it is the character of the steps that distinguish these dances, rather than the sequence of the figures, any description can be only approximate. A totally accurate description would be similar to describing, in print, a dialect of language. Accordingly, these notes are intended as refreshers for those who have already learned the dances, and not as instructions for those unfamiliar with them.

ABBREVIATIONS

M	- Man
W	- Woman
L	- Left
R	- Right
ct	- count
CW	- Clockwise
CCW	- Counter Clockwise
LOD	- Line of Direction

Note: "Omdansning" refers to any turning pattern by a couple in closed position.

Frequently Used Positions

1. Polska position. M holds W with R arm around her waist, and L arm on her arm just below the shoulder. W holds M with L hand around his upper arm at the shoulder, and R arm around his arm below the shoulder, folding her R arm into his L arm.

2. Bakmes polska position: Same as # 1, but opposite in all details.

3. M's right hand around W's waist, and W's L hand around M's upper arm. M's L arm under W's arm, his L hand placed on her shoulder. W's R hand on M's shoulder, outside his L hand or arm. M's and W's forearms are vertical. This is a close position with bodies erect.

Commonly Used Dance Steps

Always start on outside foot. M's steps are described below; W dances counterpart.

Druff step (2/4 meter): a common polka variant. Count 1-2-3-4 (1 measure). Long step on L (ct 1). Short step on R (ct 2). Long step on L (ct 3). Slight bend and lift on L (ct 4). Repeat, starting on R.

Basic schottis step (2/4 meter): Count 1-2-3-4 (1 measure). Step forward on L (ct 1). Draw R foot up to L (ct 2). Step forward on L (ct 3). Lift (don't hop) on L (ct 4). Repeat, starting on R.

Schottis omdansning (2/4 meter): Count 1-2-3-4 for one rotation (1 measure). R foot between partner's legs, turn CW on L sole (ct 1), come down on L heel (ct 2). Turn CW on R sole (ct 3), come down on R heel (ct 4). Repeat, starting on R.

Polska forestep (left forestep), (3/4 meter): Count 1-2-3 (1 measure). Short step forward on L (ct 1-2). Step on R, somewhat past L foot but with L sole remaining in place (ct 3).