

SONDERHØNING

Danish Dance from near Fanø

Though the Danes also dance the Hambo, they have their own beautiful dance which has somewhat the same feeling, the motion of it representing the gently rolling waves off the West coast of Jutland from where the dance comes.

Music: H.M.V. AL 1358 - Sonderhøning

Formation: Partners in double circle. In the hold described here, the W's L wrist is grasped, palm up, in M's R hand as they promenade. (This is one of the older positions used for this dance - often just elbows are linked as the two walk arm in arm.)

Meas.

1-8 Promenade 16 steps starting with outside feet. (Sometimes the orchestra may play this only half as long or double.)

9-16 "Sonderhø" steps

Partners face each other as M swings his R hand, holding W's L hand, behind her back, then taking her empty R hand with his own L so both his hands are behind her back. At the same time she slips her R hand up under his L arm pit to hold his shoulder blade. Each leans back a little so there is a feeling of perfect balance between the two as they turn, first the M, and then the W.

Five complete Sonderhø steps are done to 8 measures of music. This gives the dancers an unusual sensation since it is a $3/4$ time step done to $2/4$ music. Since there are 16 counts in these 8 meas, and it takes 15 to complete 5 steps, there will be one beat left to bring the feet together so the promenade can be started on outside feet.

Man's step (essentially the same pattern as the W's Hambo step)

Step fwd with L (1), bring both feet together - at the same time pivoting on the L ft, R ft touching lightly near L heel (2). Step fwd on R ft (3).

Woman's step

Step fwd with R ft between the M's (1), shift quickly to L ft (&) and fwd again on R (2), then with a little bouyant leap which is hardly noticeable, she steps fwd and L on her L ft (3). This third step pulls W around almost as though it were a pivot.

When well done, this step feels as smooth as good skating, and feet are so close to the ground they barely skim the floor.

-- presented by Jane Farwell