

SØNDERHØNING

(SUN-ner-hoe-ning)

Skandia CD, track 32

NOMENCLATURE

Credible English Title Sønderho Dance.

ETHNO-CULTURAL ATTRIBUTES

Heritage Danish.

U.S. Source As learned from Harold Kristensen and as written in Vejledning for Ledere i Folkedans by S. V. Clemmensen, published by *Foreningen til Folkedansens Fremme*.

Category Individual couple dance.

Motivation and application Recreational, non-performance-oriented.

MUSICAL ATTRIBUTES

type Duple-meter (2/4).

CHOREOLOGICAL ATTRIBUTES

Function Individual couple dance.

Character and form Lifting and dignified.

Footwork Parallel, opposite.

Specific steps Walking, Sønderho turn.

Dance holds Open Sønderho hold: W's L arm extends straight forward from her elbow, M holds W's L upper hand near her wrist with his R hand; free hands are usually loose at the sides.

Closed Sønderho hold described in text for Sønderho turn, below.

Formation Partners in double circle facing LOD (CCW), M on inside.

THE DANCE ROUTINE

MEASURES	ACTION
	A. Promenade:
1 - 8	In open Sønderho hold, described above, both beginning L, walk 16 steps in LOD. On the

last 4 measures, the M can send the W around him CCW, taking a wrist hold when she is back in place again.

9 - 16

B. Sønderho turn - 5 complete turns (hold final count):

On count 1, the M steps across with L to begin the Sønderho step. While still holding the W's wrist as in the promenade, he brings the W's L hand around behind her and grasps her L fingers with his L hand while she brings her R hand under M's L arm, placing her R hand firmly on his L shoulder blade. Both lean slightly away from the other, aiding in achieving a smooth turn.

Man's step:

- Count 1: Step L forward in LOD on an angle making $\frac{1}{4}$ turn CW.
- Count 2: Set R close to the L and bend knees lightly, and pivoting $\frac{1}{4}$ turn CW.
- Count 3: Push off L foot while stepping on R (between W's feet), $\frac{1}{2}$ turn with a gentle bounce, completing the full CW turn.

Each Sønderho turn step should begin facing in the same direction. In other words, each step makes a complete turn. **Cue:** L, Both, R.

Woman's step:

- Count 1: Place R parallel to L ("Both").
- Count 2: Step R forward (between M's feet) while turning $\frac{1}{4}$ to the R (CW) with a light bending of the knees.
- Count 3: While turning $\frac{1}{2}$ R (CW), take a long step forward in LOD (around the M) with the L.

While turn is in motion, placing the R parallel to L (on "Both") becomes a continuation and completion of each rotation, such that W is always facing LOD (or nearly LOD) as she begins each turn with Both. **Cue:** Both, R, L.

Note: Since this is a 3-count step danced to $\frac{2}{4}$ rhythm, dancers dance over the measures such that in 8 measures, 5 full turns are completed (with one "extra" count of music left over). For the M, the last (extra) count is simply held (on his R foot) by the M so he may begin the promenade on his L. Alternatively, the M could use the final (extra) count to add 2 quick steps in place (LR), leaving his L foot free to begin the promenade. The effect of this M's alternative transition out of turning into promenade is that it feels as though the last turning step is: L, both, RLR (1, 2, 3&4).

W may use the last (extra) count to take a single step onto R, so that she may begin the promenade on her L (parallel footwork in promenade). Alternatively, she could promenade beginning with her R (opposite footwork from M's L-foot lead), and in the turn as she completes her last turning step (both, R, L) she uses the final (extra) count to add 2 quick steps in place (RL), so that she may begin the promenade on her R foot again (opposite footwork). The effect of this W's alternative transition out of turning into promenade is that it feels as though the last turning step is: both, R, LRL (1, 2, 3&4).

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BACKGROUND INFORMATION

Sønderhøning comes from a small island called Fanø off the west coast of Denmark. Historically, the main occupation of the natives was fishing and sea trading. The dance suggests a ship's rising and falling movement across the sea.

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Sønderhøning

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