

SPRATT MAZURKA
(Sweden)

by Ingvar Sodal

Source: Learned from Henrik Henriksson, folk dance teacher from Hälsingland.

Record: Odeon E 054-34342, B5

Formation: Couples in a circle moving LOD.

Position: Open pos. facing LOD holding inside hands, outside hands on low hip.

Steps: Dalsteps
Running steps
Mazurka steps

Meas. Ct. Dalsteps:

- 1 1 Step on M's L, W's R. Bend knee in a springy step.
 - 2 Lift M's R and W's L in a swinging motion fwd. Straighten M's L and W's R knee to provide a slight lift.
 - 3 Hold pos. as in ct. 2 with a small downward motion in M's L and W's R knee and ankle.
 - 2 4-6 Repeat ct 1-3 beginning opposite ftwk.
 - 3 7-9 Make one complete turn individually to M's L (CCW) and W's R (CW). Both hands on hip. Use 3 steps, M's LRL W's RLR.
 - 4 10-12 Repeat ct. 7-9.
- Open shoulder waist pos. facing fwd., making 2 forward Mazurka steps as follows:
- 5 13 Step M's L, W's R
 - 14 Step M's R, W's L
 - 15 Swing M's L, W's R in a short kicking motion forward and pull back
 - 6 16-18 Repeat ct. 13-15
 - 7 19 M jump on both ft. forward and to the R in front of W, turning CW. W jump on both ft in place with a slightly backward motion.
 - 20 Step M's R, W's L
 - 21 Step M's L, W's R
 - 8 22-24 Beginning M's R, W's L, make 3 running steps turning CW one complete turn.