

## Gammalschottis från Lingbo

(Sweden)

Gammalschottis från Lingbo (GAHM-mahl-SHAWT-tees frohn LEENG-boo) is a schottis variant from Lingbo, Hälsingland. This particular gammal schottis (old-style schottische) has a history going back at least 75 - 100 years and was recorded by Benne Erikson and Tony Wrethling in 1986-87. It was presented by Tommy and Ewa Englund at the 1989 University of the Pacific Folk Dance Camp.

CASSETTE: Englunds U.S. Tour 1989 RC 216 (Jacket says 217) Side A/2;  
any appropriate schottis music. 4/4 meter

FORMATION: Cpls in waltz or polska pos with M facing LOD (CCW).  
Waltz pos: M R hand on W back and W L hand on M R shldr. Other hands are joined palm to palm with elbows bent. (This hold was used by the Englunds.)  
Polska pos: M R hand on W back and L hand holding W R upper arm. W L hand on M R upper arm and R hand on M L upper arm (W R arm is inside M L arm.)

STEPS and STYLING: The gammal schottis is danced in a flowing, dignified, and relaxed manner with feet close to floor. Knees are always flexed a little so there are no sharp movements. A tilting, springy quality (svikt) is produced by flexing and stretching the knees and ankles on each step. There are no hops in a gammal schottis.

Schottis Step (1 to a meas): Flex knees and ankles on each step.  
Step on L in desired direction (ct 1); step on R near L (ct 2); step on L in desired direction (ct 3); flex L leg again while easily raising R knee (ct 4). Step alternates. Step alternates.

Walking-Pivot (2 to a meas): Step on designated ft, flexing knees and ankles (ct 1); pivot CW on sole of that ft (ct 2); repeat cts 1,2 on opp ft (cts 3,4).

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MUSIC	4/4 meter	PATTERN
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Measures

2 meas INTRODUCTION No action. (Applies to RC 216. Other music may vary.)

### I. COUPLE SCHOTTIS

1-2 Beg ML, WR dance 2 Schottis Steps moving in LOD. M lead ptr a little twd ctr of hall on meas 1 and out on meas 2.

3-4 Beg ML, WR dance 4 Walking-Pivot steps making 2 CW turns while moving in LOD.

5-8 Repeat meas 1-4.

Note: The Couple Schottis may be done only once (4 meas) or extended to 3 or 4 times (12 or 16 meas).

Gammalschottis från Lingbo (Cont'd)

II. INTERLUDE: FORWARD IN LOD; WOMAN TURNS

- 1-4 Ptrs turn to face LOD, W to R of M with M R arm around W waist. W L hand on M R shldr. ML, WR hands are joined palm to palm and held fwd about shldr level with elbows slightly bent.  
Beg ML, WR walk fwd in LOD with 8 steps (1 to 2 cts), each step with svikt. On last walking step, M start to raise the joined hands as a signal to the W to start turning on the next meas.
- 5-8 M continue fwd in LOD with 8 more walking steps. M may stamp (with wt) on the first step on L, if desired. W turn CW 4 times under the raised joined hands with 8 Walking-Pivot steps, moving in LOD. MR, WL hands are down at sides.

Note: The Interlude may be shortened to 4 walking steps and the W turning only twice as the M continues with 4 more walks (4 meas in all). The Interlude is dance only once (4 or 8 meas). As soon as the W finishes turning, cpls begin with Fig I (Couple Schottis) again

DANCE SEQUENCE: Dance pattern as written or follow the suggestions to shorten or lengthen the figures. Repeat pattern to end of music.

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