

Medelpad Snurrbock (Sweden)

20 Medelpad snurrbock (MEHD-ehl-pahd SSNURR-bohk) is a couple dance from the tiny province of Medelpad, northern Sweden. "Snurrbock" is a term derived from two Swedish verbs: "snurra", meaning to whirl or rotate, and "bocka", meaning to bow. A traditional snurrbock is found in several districts of Sweden, the most general form being the one standardized by the Swedish folk dance movement, called Snurrbocken. Its characteristic style is bouncy and the turn is quite fast. In the Swedish hinterlands, however, other versions exist. This dance from Medelpad is an example of such survival. It is known to have been danced spontaneously as late as 1895, but the tune was not annotated until 1930. A complete description was not committed to writing until 1956, thanks to a fiddler's interview with an elderly couple who danced it in their youth. Its present revival may be credited to Göran Karlholm of Jämtland, who taught it to Gordon E. Tracie, who then presented it at the 1981 University of the Pacific Folk Dance Camp.

RECORD: Viking SMF 201, Side A/6; Viking SMF 200, Side B/4. 3/4 Meter.

FORMATION: Cpls in a circle, facing ptr, M back to ctr.

STEPS and Medelpad Polska Turn:

STYLING: M: Step in LOD on L, pivoting on L sole to beg a 1/2 CW turn (ct 1); step on R about a ft length behind L, R toe near L heel so as to form a R angle (ct &); shift wt from R sole to R heel (ct 2); raise soles of both ft and turn 1/2 CW on both heels (ct &); set both soles on floor, having completed one turn CW (ct 3).

W: Beg R fwd, dance 3 small steps R,L,R keeping R in front of L, turning 1/2 CW (cts 1,&,2); a fairly long step on L in LOD, turning on L sole another 1/2 CW to complete turn (ct 3).

Three-Step: See running waltz*. Three light steps somewhere between a run and a walk, one per ct, with a slight emphasis on the first ct.

*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, CA 94541.

MUSIC 3/4

PATTERN

Measures

2 INTRODUCTION No action

I. CLOSED POLSKA TURN (rundpolska)

A 1-8 Take modified basic polska (hambo hold) pos: Ptrs are slightly to L of each other, R ft between ptr ft. MR arm is around W waist, WL arm on MR upper arm and her hand just below M shldr. ML, WR hands hold ptr arm just above the elbow. Stand about 8"-10" apart and hold arms in a "rounded" look. In this pos, dance 8 Medelpad Polska Turn steps turning as a cpl and progressing in LOD.

II. TURN IN PLACE

B 1-4 Keep same handhold but shift to L hips adjacent. Beg ML, WR, dance 4 Three-Steps turning CCW in place, reversing pos and direction on last step.

5-8 With R hips adjacent, dance 4 Three-Steps turning CW in place. End M facing in LOD, W RLOD. Release handhold.

III. BOW AND CHANGE PARTNERS

C 1 Face ptr with own hands on hips, fingers fwd, thumbs back (ct 1); M bow and W curtsey with only a slight bend of knees and nod of head (ct 2); straighten and beg turning individually 1/4 (M CCW, W CW) twd ctr (ct 3).

21 *Continued...*

- 2 Complete turn to face ctr (ct 1); repeat bow and curtsey (ct 2); straighten and beg turning back to face ptr (ct 3).
- 3 Complete turn to face ptr (ct 1); repeat bow and curtsey (ct 2); straighten (ct 3).
- 4 With free hands at sides W stand in place, as M progress fwd on inside of circle to next W with 3 slow steps R,L,R (Music retards). M face new ptr, back to ctr, taking hambo hold pos.

Repeat dance with new ptr.