SJAMPA DANS
(Denmark)

This dance was introduced by Knud Øland to California folkdancers at the 1959 College of Pacific Folk Dance Camp.

MUSIC: Record: Methodist World of Fun 121

FORMATION: Longways dance for six cps, M line facing W line.

STEP: Polka* Note: Many authoritative sources call for a Hopsa step in Fig. I, II, and III. The Polka step was taught for a simplified version.

---

<table>
<thead>
<tr>
<th>MUSIC 2/4</th>
<th>PATTERN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measures</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>INTRODUCTION  (No Action)</td>
</tr>
</tbody>
</table>

I. DOWN THE CENTER

1-2
a) First M step f wd facing down the set. Second M step f wd to face him, hands on hips. Second W stand at first M left and hook R elbow in his L elbow. First W, with two polka steps, move quickly behind her ptr to his R side and hook L elbow in his R elbow.

b) With 6 polka steps all four dance down between the two lines, second M bwd.

d) The two W join elbows with second M in line of three and all dance 8 polka steps to top of set, first M bwd.

II. CIRCLE

9-16
Joining hands at top of set, cps 1 and 2 circle CW with 4 polka steps and CCW with 4 polka steps.

III. GRAND RIGHT AND LEFT

17-24
Facing ptr cps 1 and 2 do a grand right and left with 8 polka steps.

IV. POLKA DOWN THE CENTER

25-32
With 8 polka steps cps 1 and 2, in closed pos, dance down the ctr of the set to the bottom as the others step up to take their place. Cpi 2 leads, dropping off in cpi 5 pos, and cpi 1 proceeds to cpi 6 pos.

NOTE: The dance is repeated two more times. On the first repeat cpi 3 takes the action of cpi 1 and cpi 4 takes the action of cpi 2. On the second repeat cpi 5 takes the action of cpi 1 and cpi 6 takes the action of cpi 2. All cps polka freely the last 8 extra meas of the dance.

FOLK DANCE FEDERATION OF CALIFORNIA RESEARCH COMMITTEE:
Vera Jones, and Wilma Anderson