

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 cpls, 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.

MUSIC 2/4

PATTERN

Measures

4

INTRODUCTION (No Action)

I. DOWN THE CENTER

1-2

a) First M step fwd facing down the set. Second M step fwd 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.

3-8

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

1-8

(repeated)

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, cpls 1 and 2 circle CW with 4 polka steps and CCW with 4 polka steps.

III. GRAND RIGHT AND LEFT

17-24

Facing ptr cpls 1 and 2 do a grand right and left with 8 polka steps.

IV. POLKA DOWN THE CENTER

25-32

With 8 polka steps cpls 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. Cpl 2 leads, dropping off in cpl 5 pos, and cpl 1 proceeds to cpl 6 pos.

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

FOLK DANCE FEDERATION OF CALIFORNIA RESEARCH COMMITTEE:

Vera Jones, and Wilma Anderson