

## Snurrebock från Järvsö (Sweden)

Snurrebock från Järvsö (SNOOR-book frohn YEHRV-suhr) is from the province of Halsingland. Snurrebockar occur in various parts of Sweden and consist of the polska of that particular region in addition to the running and bowing figures. In the Swedish language "snurr" means "spin" or "whirl" and "bock" means "bow." Hence, it has been called "The Whirl and Bow" dance. The bowing sequence probably originated as an imitation by the peasantry of the more aristocratic dances such as the Minuet. This Snurrebock was presented by Tommy and Ewa Englund at the 1986 Scandia Festival in Berkeley and at the 1991 University of the Pacific Folk Dance Camp. It was also presented by Göran and Inger Karlholm at the 1983 Scandia Camp Mendocino.

In past years a standardized version of the Snurrebock has been taught, principally by Gordon E. Tracie. The sequence (Polska, Running, Bow) is very similar to the dance described here, but enough differences exist so that the recordings are not interchangeable.

CASSETTE: Englund cassette - Stockton 1991 Side A/2; Byggedansmusik RC 206 Side B/1; Järvsölåter (Svenska Ungdomsringens) Side A/3. 3/4 meter

FORMATION: Ptrs in modified polska hold with M back to ctr of circle.  
Modified Polska Hold: M R hand on W back above waist, M L hand made into a fist and folded firmly over W R upper arm. W R hand on M L upper arm, W L hand holding M R arm from the back, just below the shldr.

STEPS and STYLING: Polska: One meas completes one full turn CW while moving in LOD (CCW).  
M: Beg a CW turn, step onto L ft in LOD (ct 1); step on R in LOD about a foot-length from L ft (ct 2); continuing the CW turn, pivot on R heel and L sole (ct 3). Step repeats exactly.  
W: Beg a CW turn, place R sole near L heel (ct 1); continuing the CW turn, step on R ft between M ft (ct 2); step on L to the outside of M R ft, completing the CW turn. Step repeats exactly.  
The Polska is not smooth but has a slight bounce on each ct.

Three-Step: Three steps to a meas (1 to a ct). The first step is a little longer and accented by bending the knee. Step alternates.

Running Step (1 to a ct): Steps are small, low, and light danced on the full ft with knees slightly bent.

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MUSIC 3/4 meter PATTERN

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Measures

INTRODUCTION Depends on the recording (varies from 1 note to 2 meas).  
No action.

### I. POLSKA

A 1-16 Beg M L, W R dance 16 Polska steps turning CW and progressing in LOD, ending with M back to ctr.

II. RUNNING STEP OR THREE-STEP

Either of these patterns may be danced.

a. RUNNING STEP

B 1-4 M R and W L hands stay as before. Join M L and W R palm to palm with fingers folded over ptr hand. Turn body enough so as to look in LOD.  
Beg M L, W R dance 12 Running Steps in LOD.

b. THREE-STEP

(1-4) W hook L arm through M bent R arm. Free hands at sides or on hips with fingers fwd. Face in LOD.  
Beg M L, W R dance 4 Three-Steps fwd in LOD.

III. BOWING

C 1 Release ptr. M stand with back to ctr facing ptr. Separate a little. Put hands on hips, fingers fwd, and ft together.

Chord Bow to ptr. Bend from the hips, keeping back straight and looking at ptr.

2 Beg M L, W R, with 3 steps M turn 1/2 CCW, W 1/2 CW. End with back to ptr and ft together.

Chord Repeat the bow with back to ptr.

3 Beg M R, W L, with 3 steps M turn 1/2 CW, W 1/2 CCW. End facing ptr with ft together.

Chord Repeat the bow to ptr.

IV. RUNNING STEP OR THREE-STEP

B 1-4 Repeat Fig II exactly. If the Running Step was danced, do it again. Same goes for the Three-Step. The same pattern (Running Step or Three-Step) is danced during a sequence. A change may be made on the next sequence.

V. BOWING

C 1-3 Repeat Fig III. Occasionally a switch of ptrs is made during meas 2 when back is to ptr.

On the repeat of the dance, take modified polska pos on the pick-up note following the last bow.

DANCE SEQUENCE: Dance pattern as written until music ends.

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ERRATA

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Fig II, meas 3-4 - Add: with opp ftwk

II. HOP TOUCH - Change to: III. HOP TOUCH (Roman numerals are wrong.)