

Research Committee:
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SØNDERHONING (Soon'der hoen ing)

(Danish dance from near Fano)

Although the Danes also dance the Hambo, they have their own beautiful dance which has somewhat the same feeling, the motion of it representing the gently rolling waves off the west coast of Jutland from where the dance comes. This dance was introduced at the College of Pacific Folk Dance Camp in 1954 by Jane Farwell.

MUSIC: H.M.V. AL 1358—Sønderhoning.

FORMATION: Partners in double circle, facing CCW, M on inside. In the hold described here, the W L wrist is grasped, palm up, in M R hand as they promenade with walking steps, free hands on hips. This is one of the older positions used for this dance—often nowadays just elbows are linked as the two walk arm in arm.

STEPS: Walk², Sønderho (described below).

MUSIC 2/4	PATTERN																																													
Measures																																														
	I. PROMENADE																																													
1-8	In promenade pos. described above, M starts L (W R) and walks 16 steps fwd. in LOD, 2 steps to a measure.																																													
	II. SØNDERHO STEPS																																													
	Partners face each other as M swings his R hand (holding W L hand), behind her back. At the same time, W slips her R hand under M L arm pit to hold his L shoulder blade from the back, while M L hand goes in back of W at her waist. Both lean back slightly; there should be a feeling of perfect balance between the two as they turn CW, first the M turns, then the W. Five complete Sønderho steps are done to 8 measures of music. This results in an unusual effect since the step requires 3 counts, but is done to 2/4 music. There are 16 counts in these 8 measures, and it takes 15 to complete 5 Sønderho steps. The 16th count is held, anticipating the repeat of the promenade (Fig. 1), which starts on the outside ft.																																													
	<i>Man's Step:</i> (Essentially the same pattern as the W Hambo Step). Step fwd. with L (ct. 1); bring both feet together—at the same time pivoting CW on L, R ft. touching lightly near L heel (ct. 2); step fwd. on R (ct. 3). Cue: Left, Together, Right.																																													
	<i>Woman's Step:</i> Step fwd. with R ft. between M feet (ct. 1); shift quickly to L ft. (ct. and); step fwd. again on R (ct. 2); with a little, bouyant leap which is hardly noticeable, step fwd. and slightly L on L ft. (ct. 3). This third step pulls W around almost as though it were a pivot. Cue: R, L, R, Leap. The 2nd ct. is slightly emphasized.																																													
	Broken down by measures the M and W steps are as follows:																																													
	<table border="1"> <thead> <tr> <th>Count</th> <th>Man</th> <th>Woman</th> </tr> </thead> <tbody> <tr> <td>9</td> <td>1 Step L</td> <td>Step R</td> </tr> <tr> <td></td> <td>and</td> <td>Step L</td> </tr> <tr> <td></td> <td>2 Touch R</td> <td>Step R</td> </tr> <tr> <td>10</td> <td>1 Step R</td> <td>Step L</td> </tr> <tr> <td></td> <td>2 Step L</td> <td>Step R</td> </tr> <tr> <td></td> <td>and</td> <td>Step L</td> </tr> <tr> <td>11</td> <td>1 Touch R</td> <td>Step R</td> </tr> <tr> <td></td> <td>2 Step R</td> <td>Step L</td> </tr> <tr> <td>12</td> <td>1 Step L</td> <td>Step R</td> </tr> <tr> <td></td> <td>and</td> <td>Step L</td> </tr> <tr> <td></td> <td>2 Touch R</td> <td>Step R</td> </tr> <tr> <td>13</td> <td>1 Step R</td> <td>Step L</td> </tr> <tr> <td></td> <td>2 Step L</td> <td>Step R</td> </tr> <tr> <td></td> <td>and</td> <td>Step L</td> </tr> </tbody> </table>	Count	Man	Woman	9	1 Step L	Step R		and	Step L		2 Touch R	Step R	10	1 Step R	Step L		2 Step L	Step R		and	Step L	11	1 Touch R	Step R		2 Step R	Step L	12	1 Step L	Step R		and	Step L		2 Touch R	Step R	13	1 Step R	Step L		2 Step L	Step R		and	Step L
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MUSIC: 2/4

PATTERN

Measure	Count	Man	Woman
14	1	Touch R	Step R
	2	Step R	Step L
15	1	Step L	Step R
	and		Step L
	2	* Touch R	Step R
16	1	Step R	Step L
	2	Hold	Hold

Dance is repeated from beginning.

Note: When the more modern hold is used, the "Sønderho" step is done face to face with M L hand on W waist, her R hand on his; M R hand on her shoulder blade, her L hand on his.
