

Research Committee:
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SUNROSE

(Suenros) (German)

This dance, like Windmueller, is a beautiful North German quadrille in $\frac{3}{4}$ time, which has been danced at festivals in adoration of the sun. Gretel and Paul Dunsing presented it at the 1953 Folk Dance Camp in Stockton.

MUSIC: Piano: "German Folk Dances", Paul Dunsing, Friedrich Hofmeister, Leipzig, 1936.
Record: Rondo RFD 12 "Suenros".

FORMATION: 4 couples in square formation.

STEP: Hop-waltz: Step L with slight bend of the knee (ct. 1), swing R slightly fwd., keeping ft. parallel to the floor (ct. 2), lift on L and land with a spring-like action (ct. 3). In the second measure the step and lift are taken R, while swinging L fwd. This movement is not abrupt but "bouncy" and spring-like and flows smoothly from one ft. to the other. When dancing in place, the swing may almost disappear. The same step is used throughout the dance. Each figure starts L.

Note: The Dunsings have described the hop-waltz as a spring-like contact of the L ft. with the floor (ct. 1), swing R just past L (ct. 2), L leg has the same kind of spring (ct. 3).

MUSIC $\frac{3}{4}$	PATTERN
Measures 2	INTRODUCTION. All join hands. Note: When piano music is used, partners join inside hands and bow; then they join other hands with the dancer next to them and bow again, thus forming a circle (8 meas.).
	<i>First Tour</i>
A 1- 8 (repeated) 1- 8	I. CIRCLE All circle CW with 8 steps. Reverse and circle CCW with 8 steps.
B 9-14 15-16 17-22 23-24	II. DOUBLE STAR W form R hand star by grasping wrist of W in front. M hooks R arm in W L, M outside hand on hip. Turn CW with 6 steps. W release star, and couples turn $\frac{1}{2}$ CW (M fwd. W bwd.) Repeat action of Fig. II, meas. 9-14 with M forming L hand star. W form circle in the center, and M join hands in front of W over W arms.
C 25-32 25-32 (repeated)	III. SUNROSE Circle CW half-way around with 8 steps. On the first 4 steps M arms are slowly and smoothly lifted high over W heads and lowered slowly behind W backs. On the next 4 steps W raise and lower arms over M heads. Continue circling CW into place with 8 steps. On the first 4 steps W return arms slowly over M heads. On the last 4 steps M return arms over W heads. Note: The sunrose figure is the well-known basket figure, but the movement of the arms is slow and suggests the unfolding of a rosebud.
D 33-40 (repeated) 33-40	IV. GRAND RIGHT AND LEFT Beginning with R to partner, grand right and left half-way around with 8 steps. Pause briefly and bow to partner. Continue grand right and left to place with 8 steps. Bow to partner. Note: On the first hop-waltz step in the grand right and left step out of the circle to widen it.
	<i>Second Tour</i>
A 1- 8 1- 8 (repeated)	I. W CIRCLE W join hands and circle CW with 8 steps. Reverse and circle CCW with 8 steps. M clap on first count of each meas. This clap is a simple hand clap (not brushed up or down).
B 9-24	II. DOUBLE STAR Same as in 1st Tour.
C 25-32 25-32 (repeated)	III. SUNROSE Same as in 1st Tour.

MUSIC $\frac{3}{4}$

PATTERN

		<i>IV. GRAND RIGHT AND LEFT</i>
D	33-40 33-40 (repeated)	Same as in 1st Tour.
		<i>Third Tour</i>
A	1- 8 1- 8 (repeated)	<i>I. M STAR</i> M form R hand star by grasping wrists of M in front and move CW with 8 steps. Reverse and form L hand star, moving CCW with 8 steps. W clap hands on the first count of each measure.
B	9-24	<i>II. DOUBLE STAR</i> Same as in 1st Tour.
C	25-32 25-32 (repeated)	<i>III. SUNROSE</i> Same as in 1st Tour.
D	33-40 33-40 (repeated)	<i>IV. GRAND RIGHT AND LEFT</i> Same as in 1st Tour.

Note: The tours suggested here were arbitrarily chosen. To dance only a few tours is really a new development. Formerly at least 8 tours or even 16 were danced without pause. If piano music is used, dance may continue with additional tours and end with Fig. I of 1st Tour. The following are further suggestions for tours:

Hand Tour: Partners' R hands around and L hands around.

Cross Hand Tour: Partners face, cross hands, and dance CW and CCW around in place.

Back Hand Tour: Partners in back hand position dance fwd. and bwd. around in place.

M Circle: Same as W circle.

W Star: Same as M star.

Round of 1st Couple: 1st couple in shoulder-waist position dances inside circle once around CCW with CW turns.

Round of 2nd, 3rd, and 4th Couples: Same as for 1st couple.

Round of Head Couples: Same as for 1st couple.

Round of Side Couples: Same as for 1st couple.