

LÅNGDANS FRÅN SOLLERÖN

Source: Dance description and information by Johan Larsson and Ingvar Norman and published in "Beskrivning av Svenska Folkdanser, Part 2", Svenska Ungdomsring for Bygdekulter, 1971. Information about this dance came from Dunder Karin Jönsson (1865-1967), island of Sollerön in Lake Siljan, Darlarna, Sweden. She remembered young people gathering at the big farm to dance among other things this old långdans. If a fiddler was there they dance to his music, often singing along. Otherwise they danced to their own singing. During her youth this långdans was common on Sollerön, but when she returned there in 1890 after an absence of some years, the dance had gone out of use.

Steps: Foresteg (fore-step or beginning step) - All step L (ct 1), pause (ct 2), step R beside L (ct 3).

Hop-step - Step L w/a strong stamp one short step in LOD (ct 1), pause (ct 2), then a little hop on L while R foot is lifted straight up about a foot's height (count 3)

Formation: Single circle all facing slightly L. Partners optional. Dance motion is CW in this dance. Join hands w/R arm on top. Hold own R hand on stomach, R elbow bent. L hand is held in R hand of person to L.

Measures

1-16

FIG. A

Circle CW with the foresteg

1-4

FIG. B

Do 4 hop-steps, followed by...

5-6

2 foresteg steps

7-12

REPEAT B - measures 1-6

