

RESEARCH COMMITTEE: Mildred
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SNURREBOCKEN

(Swedish)

Various sources of this dance give varying arrangements. This particular one is arranged to fit the record listed below. Although the individual step-patterns are the same, the piano music listed will require a different arrangement.

- MUSIC:** Record: Folk Dancer M H 1047—"Snurrebocken"
Piano: "Svenska Folkdanser Och Sallakapsdenser"—Publisher: Svenska Ungdams-
ringen For Bygdekultur, Stockholm 1944.
- FORMATION:** Couples in single circle, partners facing each other (M facing CCW). Hands are placed on own hips.
- STEPS:** Bow; Delsbopolska: Done in shoulder-waist position*. Man's part: M steps fwd on L and pivots to R on L (one complete turn) without touching R ft to floor (ct 1), M touches ball of R ft beside L without taking weight on R (ct 2), M steps fwd on R (ct 3). Woman's Part: W jumps lightly onto both ft (ct 1), W leaps lightly onto R ft (ct 2), W leaps lightly onto L ft (ct 3).
- Note: Throughout step, couple revolves CW and travels CCW about the room. Caution—W must keep steps small and close to the floor. M should keep weight on ball of ft and *not* on heels; Spring step: Light running step.

MUSIC 3/4	PATTERN
Measures & 3 & (3 notes)	Introduction
1	I. <i>Bow</i> With ft together and hands placed on hips, partners bow low to each other in a stately fashion (ct 1 & 2). Turn one-half R so that they are back to back (ct & 3 &).
2	Bow low to neighbor (back twd partner) (ct 1 & 2), turn one-half R to face each other and pause (ct & 3 &)
	Note: Music on I is very retarded.
1-8	II. <i>Delsbopolska</i> Partners take eight Delsbopolska steps.
9-16	III. <i>Spring Step</i> Assume open position.* Beginning outside ft (ML, WR) move fwd CCW with 24 spring steps.
	Repeat all as many times as music permits.
	*Description of steps and positions found in VOL. VI <i>Folk Dances From Near and Far</i> .