

SNOA Sweden

Snoa, pronounced Snoo'-a, was first introduced to the Scandia Folk Dance Club of Seattle by Gordon Tracie who learned the dance in Stockholm, 1947-48.

Formation: Couple dance, any number of couples.
Open shoulder-waist hold alternating with Closed shoulder-waist hold.

Steps: Walking steps, pivots (Although done to polka music, this simple dance has no polka steps)

Sequence: 1. Couples walk forward in CCW LOD
2. Couples pivot CW, in CCW LOD

John Campbell presented Snoa with 8 walking-steps followed by 8 pivot-steps, which then were repeated to the end of the music. Traditionally the sequences can be danced to any number of measures.

1. Couple, in open shoulder-waist position, beginning on outside foot (Man's L, Woman's R), walks any even number of walking steps in CCW LOD, one step to each beat (ct 1-2). Transition: Man's last R step is at 90 degrees CW to LOD, to face partner. Partner accommodates this transition with a shorter last step with her L. Couple takes closed-position hold.
2. On first beat, Man steps with L outside of partner's R. Man is now facing right LOD. At the same time, Woman steps forward with R between Man's feet, trying to place foot closer to Man's R foot, to sustain the turning momentum.

On second beat, Woman steps with L outside of partner's R, to face right LOD. At the same time, Man steps forward with L between partner's feet. Thus, couple turns CW while progressing in CCW LOD. To make each 360° turn, think "one-and-two-and" and "step-pivot-step-pivot" and "down-up-down-up" at the same time.

As presented, couple pivots 8 steps, switching to open-position after last turn. Dance repeats. Alternatively, continue pivoting until couple wishes a change; then walk as long as desired.

Background note:

The Snoa is most popular in Stockholm, where it is danced as an alternate to the polka. At old time dances an orchestra will usually play two selections for each dance. In the case of the polka, the Polkett (very small polka steps in closed Polka-Mazurka position) is danced during the first selection, and a Snoa is danced during the second.

Open shoulder-waist position: Man stands to Woman's L, with Man's R arm around Woman's torso, at mid-back height. Woman's L hand on Man's R shoulder. Man and Woman's free arms swing naturally at side.

Closed shoulder-waist hold: Man facing Woman with a slight offset to make it easier to place right foot between partner's feet. Man's L hand is on partner's R shoulder-blade. Man's R hand is on partner's back, mid-way in height between his L hand and her waist. Man should not allow his elbows to slump into his ribs. Woman's R arm is usually above Man's L, holding either his upper arm, or his L shoulder. Woman's L arm is above Man's R, holding his R shoulder.