

Långdans från Sollerön

Dalarna, Sweden

Per and Margareta Jennische introduced this dance at Mendocino Folklore Camp in 1978. The Jennische's indicated that this dance is an example of the influence of the French medieval dances in which any number of dancers participate in a line or circle which may wind anywhere through the dance space. There were once words to this song, but they are 'lost'. Often at special events and parties text to this and other well-known melodies is composed and sung.

Pronunciation: LONG-dahns frohn SOLL-ehr-ohn

Music: 3/4, special melody. Usually fiddle or sung/trilled by the dancers
Jonssonlinjen 1989 Green cassette
Skandia 97 CD

Position: Face RLOD (CW around the dance space) palms grasped with the R arm on top and pulled up against one's chest

Steps: A) Försteg, introductory/basic step: step L on count 1 and R on count 3 in the music, progressing to one's L and/or CW around the dance space RLOD.
B) Step lifts or hops progressing to one's L (RLOD/CW). Step on count 1, lift or hop on count 2+, landing or settling from the hop or lift on count 3.

Dance Sequence:

Measures Figure A
Meas: 1-16: Försteg

Figure B
Meas: 1-4: Dance 4 step hops/lifts
Meas: 5-6 2 försteg steps
Meas: 7-12 Repeat

During the melody, dance försteg/basic step, progressing L and or RLOD/CW around the dance space.

During the chorus dance 4 step lifts or hops followed by 2 measures of försteg/basic step, progressing to the L and or RLOD/CW around the dance space. The chorus sequence is repeated before returning to the melody. The leader, who is on the L of the line may snake the line around or wind it up.

The dance repeats as long as the music continues.