

Schottis från Hammerdal

Hälsingland, Sweden

Rune Bäcklin and Monica Olsson taught the Schottis från Hammerdal, also called Hammerdalsschottis, at Norrlandia Camp 2001 in Sweden. During this schottis each person dances what we call the man and woman's part, alternating each time they dance through the sequence. According to Monica Olsson, the dance comes from the town of Kilafors, Hälsingland. The dance can be seen on the video Dances of Hälsingland/Danser från Hälsingland.

Pronunciation: HOH-teess frohn HAHM-er-dahl

Music: 2/4 or 4/4 Schottis music
This description is written in 4/4
Jonssonlinjen music for the heart and soles: JL02, 5 & 22
Jonssonlinjen spelar musik till Hälsingedanser: JL01, 7

Formation: Couples progressing CCW/LOD around the dance space in open and closed positions.

Holds: Open Position hold: Inside arms, shoulder, shoulder blade outside arms hang at side while dancing schottis steps.
Closed position hold: Shoulder, shoulder blade, the person on the inside, (leading position or inside track person) has arms underneath partners during the quick steps.

Basic Steps: Schottis change of step and Quick Steps

Schottis steps danced in LOD, rhythmic pattern QQS, - open position.

Counts	1	&	2	&	3	&	4	&
Rhythm	Q	Q	S		Q	Q	S	
Inside	L	R	L		R	L	R	
Outside	R	L	R		L	R	L	Pivot CCW

Quick Steps danced in LOD, (step on each beat), rhythmic pattern, QQQQ QQS - closed pos.

Counts	1	&	2	&	3	&	4	&
Inside	L	R	L	R	L	R	L	
Outside	R bk	L bk	R bk	L bk	R bk	L bk	R bk	Pivot CCW

Dance Sequence:

Measure 1 (in 4/4) Dance a schottis step sequence in open shoulder, shoulder blade hold. End by the inside person guiding the person on the outside track to pivot turn CCW on inside foot, ending in front of the inside person, facing their partner and back to LOD.

Measure 2 (in 4/4) Dance the quick steps with ptnrs facing one another in LOD in closed position, (no turning). End the sequence with the person who danced with their back to LOD on the inside and the person who danced facing LOD on the outside. Adjust arms so that the person on the inside has their R arm below the person on the outside.

Continue dancing, changing sides during each repetition until the music ends.