

DØLA MASURKA

(Norway)

SOURCE: As learned in Gudbrandsdal, Norway by Ingvar Sodal.

RECORD: RCA (LP) NES65, side 2, band 1 or any mazurka from Gudbrandsdal.

FORMATION: Couples in a circle moving LOD. Closed shoulder-waist pos. M back to ctr., W facing ctr.

STEPS: 1. Sideways masurka steps
2. Pols turn

Meas Sideways masurka steps:
 1 Moving LOD step M L and W R (ctl) step M R to L and W L to R (ct &) step M L, W R, moving LOD but somewhat shorter step than on ct 1 (ct 2) close M R to L and W L to R with a soft dip. Transfer all weight onto M R and W L such that the leading ft is ready for next step(ct 3)
 2-7 Continue this step until end of musical phrase.

NOTE: Although cpls have shoulder-waist pos during this step they may face slightly fwd in LOD, but not so much that R ft crosses over L on ct 3.

8 Take 3 steps in place, M LRL, W RLR while making half a turn CCW.

9-15 Continue sideways masurka steps as in 1-7, but with opposite ftwk. M now faces ctr.

16 Take 3 steps in place, M RLR, W LRL while making half a turn CW.

Pols turn, Man's step:

17 Step L and pivot CW (ct 1) continue pivot on L while closing R to L in a trailing motion (ct &) close R to L and put wt on both ft (ct 2) step R leading LOD with a springy motion (sometimes leading to a backward kick with L ft). This completes the turn which should have an even rotation.

Pols turn, Woman's step:

17 Step R and turn CW (ct 1) step L cont CW turn (ct &) step R cont. CW turn (ct 2) step L completing the turn (ct 3)

18-24 Continue the pols turn till end of musical phrase. Repeat meas 1-24 until end of music.

NOTE: The dance is somewhat free style and the various figures may be alternated freely and any number of meas may be used for each part.