Presented by Gordon Tracie

## GAMMAL KULLDANS Kulldans från södra Dalarna Sweden

This is a restored regional ethnic dance, which is done in the province of Dalarna, southern area. It was learned by Gordon Tracie in Sweden, 1970

PRONUNCIATION: Gahm-mahl Kool-dahns

RECORD:

Viking V-202-a (45)

RHYTHM:

Triple meter; quaver (8th note) polska rhythm, moderate

tempo.

FORMATION:

Cpls in a closed circle, moving CW (L), in a light

ring hold

STYLE:

Very legato, quite restrained (gentle); fixed pattern.

METER: 3/4 PATTERN

Meas.

## INTRODUCTION:

PART A: RING

Light ring hold, alternating W & W (W on M's R), all facing ctr with hands held fairly low.

1-8 24 light running steps L (circle moves CW).

PART B: PTR FIGURE :

All hands dropped to sides, M turn 1/4 to R, W 1/4 L, so ptrs face.

1-4 12 even bounces on both ft, in place, knees flexed so that bouncing is smooth and "springy."

PART C: PTR CHANGE

1-2 Dancers change places with present ptr so as to wind up facing present "corner" (the W who was behind M in Part B), in the following manner: M's Step:

Ct 1: Clap hands, retaining wt on both ft;

- ct 2: Step R outwardly to own R, so as to begin a CW pivot;
- Ct 3: Continue CW pivot on R so as to pass "corner" on the outside of the circle;

Ct 4: Step L to complete 3/4 CW turn;

Ct 5: Hold

Ct 6: Step R to face inward, with former "corner" as new ptr.

W's Step:

Ct 1: Clap hands, retaining wt on both ft;

Ct 2: Step R inwardly to worn R to begin CW pivot;

Ct 3: Continue CW pivot to R and pass "corner" on inside;

Ct 4: Step L to complete 1-1/4 CW turn.

Ct 5: Hold.

Ct 6: Step R to face ctr, former "corner" is new ptr. Reform circle with new ptr and corner and begin again.