SICK-SACK SITOTTIS FROM HEDE " CHICAGO Sweden

The Goller's used the English words "Zig-Zag" here rather than the Swed-ish words "Sick-Sack Shottis." The dance was collected in Hede, July, 1971 by Goran Karlholm. Carol and Edward Goller learned this schottische from Armand and Sharon Deny and from Mils and Kerstin Johansson who travelled together in Sweden in 1976.

RECORD: OLAB SLP-022, "Nu Bjo Mae Opp" (LP), Band 2, Side 1.

FORMATION: Cpls in a circle facing LOD.

POSITIONS: Schottische step fwd: M hold W L hand with his R hand on top. The hands are held at waist ht and somewhat fwd. The cuter hands hang free at sides.

Zig-zag: Arms hang free, or M's hands crossed on own chest.

Cpl turn: M holds W L hand with his R hand behind her back, ar W R hand with M L hand behind his own back. Lean slightly two each other.

STEPS: Schottische step fwd & zig-zag: The step is similar to the standard schottische step (step, step, step-hop), except the whole ft is placed on the floor at one time and the knees are flexible. The "hop" becomes a "lift" with the ball of the ft not leaving the floor. The "zig-zag" step moves

Cpl turn (step-lifts): The normal step-hop becomes a step-lift with the step coming onto the whole ft and the ball of the ft remaining on the floor during the "lifts." (Make 1 turn per meas with 2 steps.) Move in LOD while turning

METER: 4/4

PATTERN

Meas.

10

Begin dance at beginning of any musical phrase.

sideways to LOD (in and out of circle).

FORWARD:

1-3 Cpls dance 3 schottische steps fwd in LOD, beginning on outside ft (M-L, W-R).

ZIG-ZAG (dancers face LOD at all times):
Dropping hands, W and M exchange places with one schottische step sideways (M to R, W-L) with M moving in front of W and W behind M.

M and W exchange places again with one schottische step sideways (M to L, W-R), with W moving in <u>front</u> of M and M behind W.

FORWAPD:
6-7 Cpls dance 2 schottische steps fwd in LOD, beginning M R, W L.
8-9 Repeat meas 4-5, "zig-zag."

Cpls dance one schottische step fwd in LOD, beginning M R, W L.

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ZIG-ZAG SCHOTTISCHE FROM HEDE, Cont'd., page 2

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COUPLE TURN - CO Cpls do 12 "step-lifts," M begin L, W R, and turn CW while moving LOD.

> Couple turn variation: Collected from two of the informants of "Ringlander fran Hede." They said the couples turned as many times as desired, revolving in either direction before repeating the "zig-zag."

Presented by Edward & Carol Goller Idyllwild Workshop, 1979 about the standard of the standard of

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