

1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Ingvar Sodal

SPRÄTT-MAZURKA
(Sweden)

Source: As learned from Henrik Henriksson, folk dance teacher from Hälsingland.

Record: Odeon E 054-34342, B5

Formation: Couples in a circle moving LOD.

Position: Open pos. facing LOD holding inside hands, outside hands on low hip.

Steps: 1. Dalsteps
2. Running steps
3. Mazurka steps

Meas. Ct. Dalsteps:

1 1 Step on M's L, W's R. Bend knee in a springy step.
2 Lift M's R and W's L in a swinging motion fwd. Straighten M's L and W's R knee to provide a slight lift.
3 Hold pos. as in ct. 2 with a small downward motion in M's L and W's R knee and ankle.

2 4-6 Repeat ct 1-3 beginning opposite ftwk.

3 7-9 Make one complete turn individually to M's L (CCW) and W's R (CW). Both hands on hip. Use 3 steps, M's LRL W's RLR.

4 10-12 Repeat ct. 7-9.

Open shoulder waist pos. facing fwd., making 2 forward Mazurka steps as follows:

5 13 Step M's L, W's R
14 Step M's R, W's L
15 Swing M's L, W's R in a short kicking motion forward and pull back

6 16-18 Repeat ct. 13-15

7 19 M jump on both ft. forward and to the R in front of W, turning CW. W jump on both ft in place with a slightly backward motion.
20 Step M's R, W's L
21 Step M's L, W's R

8 22-24 Beginning M's R, W's L, make 3 running steps turning CW one complete turn.

*continued...
(ERRATA)*

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Record, add: Side A

Position, add to line 3: for M, waist for W, both have fingers fwd.

Dalstep, add to ct 3: Note: Slight face to face motion and swinging of hands fwd during meas.

Add under steps: Meter 3/4.