

DOŁA MASURKA  
(Norway)

Source: As learned in Gudbrandsdal, Norway.

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

Formation: Couples in a circle moving LOD.

Position: Closed shoulder-waist pos.  
M back to ctr.,  
W facing ctr.

Steps: 1. Sideways masurka steps  
2. Pols turn.

Meas. ct. Sideways masurka steps:  
1 1 Moving LOD step M's L and W's R  
2 Step M's R to L and W's L to R  
3 Step M's L, W's R, moving LOD but somewhat shorter step than on ct. 1  
4 Close M's R to L and W's L to R with a soft dip. Transfer all weight onto M's R and W's L such that the leading ft. is ready for next step.

2-7 Cont. this step till end of musical phrase.

Note: Although cpls have shoulder-waist pos during this step they may face slightly forward 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 Cont. 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 thrn CW.

17 Pols turn, Man's step:  
1 Step L and pivot CW  
2 Cont. pivot on L while closing R to L in a trailing motion.  
3 Close R to L and put weight on both feet.  
4 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.

*continued...*

## DOLA MASURKA (cont)

- 17      1      Pols turn, Woman's step:  
          &      Step R and turn CW  
          2      Step L cont. CW turn  
          3      Step R cont. CW turn  
               Step L completing the turn .

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