

SNOA (Polka)
(Sweden)

This traditional oldtime pivoting dance to polka music is general thruout southern and central districts of Sweden. Gordon E. Tracie learned it in Sweden in 1948.

Pronunciation: SNOO-ah

Record: Viking V-820b 2/4 meter

Formation: Cpls in a circle, W to R of ptr, in open shldr-waist pos. Dance moves in LOD.

NOTE: The following parts are not figures in the regular sense but merely two dance patterns - Rest-Step and Turn - which are alternated at will, with no fixed number of meas. Generally, however, the transition from one to the other is made at the beginning of a phrase of 4, 8, or 16 meas, for esthetic reasons.

REST-STEP (Open steps fwd)

In open shldr-waist pos, beg on outside ft, cpl moves fwd in LOD with light and springy running-type steps (wt primarily on sole of ft), one step to each ct of music.

TURN (Transition and closed pivot-spin)

Whenever desired - preferably on ct 1 of the 1st meas of a phrase -

M takes a short jump onto both ft with a stamp, followed by stepping between W ft with his R ft, into LOD, to assume closed shldr-waist or basic polska hold. W steps R,L (without stamp).

Cpl continues to rotate CW with running-type pivot-spins, M: L,R; W: R,L making a full revolution on each 2 cts.

With appropriate polka music, the turn has a definite bouncy character.

Cpl may revert to Rest-Step at any time by merely breaking out into open shldr-waist pos again.

NOTE: Thruout the entire dance, the same alternation of ft is maintained without interruption!

Presented by Gordon E. Tracie