

SNURRBOCKEN
(Sweden)

Snurrbocken, literally translated as the whirl-and-bow dance, is a traditional formalized folkdance common to folkdance societies thruout Sweden. Gordon E. Tracie learned it in Sweden in 1948

Pronunciation: SNURR-bohkk-en

Record: Viking V-200a

3/4 meter.

Formation: Cpls in a circle in closed shldr-waist pos. When hands are free they are placed on hips, fingers fwd, thumb back.

<u>Meas</u>	<u>Pattern</u>
	A. <u>CLOSED POLSKA TURN ("rundpolska")</u>
1-8	8 fullturn polska steps, danced with an even bounce on each beat of the meas, knees slightly flexed so that the turn is "springy", and moving in LOD.
	B. <u>OPEN RUN FORWARD</u>
9-16	In open shldr-waist pos, free hand on hip, beg on outside ft, 24 light running steps (not shuffles or kicks) fwd in LOD.
	C. <u>EXCHANGE OF BOWS</u>
	Release ptr, M on inside, W on outside of circle; both hands on own hips.
17	In time with new tempo (very slow) M step bkwd R,L,R while W remain in place.
18	With feigned dignity, ptrs bow deeply to each other.
19	Each turn 1/2 CCW, stepping L,R,L, to end M facing inward, W outward.
20	In same manner as above, ptrs bow deeply away from each other.
21	Each turn 1/2 CW, stepping R,L,R, to face each other and resume closed shldr-waist pos to repeat dance as many times as music allows.

Historical information: This dance has, of course, long been a favorite of international folkdancers in the U.S. What is not widely known over here is that there are several versions of it in its homeland, Sweden -- all equally "authentic". Unlike the Americanized form they all traditionally begin with the "rundpolska", the closed polska turn. The name itself suggests this: "snurr" = spin or whirl; "bock" = bow. Hence, "The whirl-and bow" dance. The bowing sequence is a bit of rustic satire in which yester-year's less privileged country folk would mimic the affected mannerisms of the upperclass. The common "formalized folkdance" form of Snurrbocken was "standardized" before the turn of the century, and is the one described here.

Presented by Gordon E. Tracie