

SOLLERÖ-LÅNGDANS
(Sweden)

Sollerö-långdans is a group dance, not necessarily paired as couples and comes from the Lake Siljan district in the province of Dalarna. Gordon E. Tracie learned it in Sweden in 1970 and taught it at Skandia Folkdance Society in Seattle. It quite probably has ceremonial roots, but is now danced recreationally.

Pronunciation:

Record: Viking SMF-200 "Regional Folkdances from Sweden"
Side A/1 3/4 meter

Formation: Dancers in a closed circle with firm handhold, facing obliquely L, preferably (but not necessarily) partnerwise.

Meas

Pattern

A. 1st theme: 2 8-meas phrases:

1-8, 1-8 Beg on L ft, 16 modified L open polska steps moving to L, danced as follows:
 ct 1: step diag fwd to L on L ft;
 ct 2: wt temporarily on both ft, R sole remaining in place;
 ct 3: bring R ft up to L (approximately at instep), L sole remaining in place, taking wt on R.

B. 2nd theme: 2 6-meas phrases:

9-12 Beg on L ft, 4 light step-skips (L,R,L,R) as follows:
 ct 1: step diag fwd to L on L ft with light stamp;
 ct 2: hold (no wt transfer);
 ct 3: skip diag fwd on L ft, while lifting R ft up about a foot's length;
 cts 4-6: repeat action of cts 1-3 with opp ft, but moving diag bkwd (slightly) instead of diag fwd;
 cts 1-6: repeat cts 1-6.
 13-14 Beg on L ft, 2 modified L open polska steps, moving to L.
 15-20 Repeat meas 9-14.

Repeat Patterns A B as many times as music allows.

Historical information: This dance, obviously of ancient origin, was "rescued" from the memory of a 101 year old woman on the isle of Solleron in Dalarna, in 1966. She had danced it in her youth. Folks would get together on a Sunday evening, she related, and join hands for the långdans whether or not there was a fiddler to dance to, often making up words as they danced. Otherwise one could merely "tra-la" the melody -- which is the way it is usually done now, inasmuch as none of the old words were recalled.

Presented by Gordon E. Tracie