

SONDERHONING

Sonderhoning (SOON-der-hoen-ing) is a pure Danish cpl dance from Sonderho on the island of Fano. The undulating movement of the dance is supposed to resemble the gently rolling waves of the sea. The rhythm is unusual - a three step rhythm danced in double time.

MUSIC: RECORD: H.M.V. AL 1358; National 4510 (45)

FORMATION: Cpls facing LOD, W to M's R; W L forearm extended fwd and parallel to floor, palm up with fingers closed. M's R arm rests on W arm as he grasps her L wrist. Free hands hang naturally at side.

STEPS: Walk, Sonderho step (described below). Maintain erect posture throughout the dance. On the turns lean slightly bwd away from ptr to maintain good balance.

MUSIC: 2/4

PATTERN

Meas

I PROMENADE

1-8 Beginning ML-WR, in promenade pos as described above, walk 16 steps fwd in LOD. Ptrs face each other as M swings his R hand (retaining grasp on W's L) behind her back; W slips her hand under M's L arm to hold his shoulder blade from the back, while M's L hold W's R hand in back at her waist on ct 15-16.

II SONDERHO STEPS

M: Step side L, turning CW (ct 1); bringing both ft together, at same time continuing CW pivot on L, R ft touching lightly near L heel (ct 2); step fwd (in LOD) on R (ct 1).

W: Step side R on R (ct 1); quickly close L ft to R (ct 2); step fwd again on R (ct 2). NOTE: This is a smooth step down to two counts of the music. Take a small low leap swd onto L, completing one full turn (ct 1).

9-16 Cpl dance 5 complete Sonderho steps (15 cts of music), hold (ct 16) to prepare for repeat of Fig I, which begins on outside ft (ML-WR). The movement of this pattern should be continuous and smooth with a slight plie on ct 2.

Presented by Bob Brown
Idyllwild Workshop - 1975

SØNDERHONING

(Soon' der hoen ing) (Danish dance from near Fano)

Although the Danes also dance the Hambo, they have their own beautiful dance which has somewhat the same feeling, the notion of it representing the gently rolling waves off the west coast of Jutland from where the dance comes. This dance was introduced at the C.O.P. Folk Dance Camp in 1954 by Jane Farwell.

MUSIC: National 4510-B - Søndershoning.

FORM: Partners in double circle, facing CCW, M on inside. In the hold described here, the W L wrist is grasped, palm up, in M. R hand as they promenade with walking steps, free hands on hips. This is one of the older positions used for this dance--often nowadays just elbows are linked as the two walk arm in arm. (Note: when the modern hold is used, the "Sønderho" step is done face to face with M L hand on W waist, her R hand on his; M R hand on her shoulder blade, her L hand on his.)

STEPS: Walk*, Sønderho (described below).

MUSIC 2/4

PATTERN

Measures

I. PROMENADE

1 - 8 In promenade pos. described above, M starts L (W R) and walks 16 steps fwd in LOD, 2 steps to a measure.

II. SØNDERHO STEPS

partners face each other as M swings his R hand (holding W L hand) behind her back. At the same time, W slips her R hand under M L arm pit to hold his L shoulder blade from the back, while M L hand goes in back of W at her waist. Both lean back slightly; there should be a feeling of perfect balance between the two as they turn CW, first the M turns, then the W. Five complete Sønderho steps are done to 8 measures of music. This results in an unusual effect since the step requires 3 counts, but is done to 2/4 music. There are 16 counts in these 8 measures, and it takes 15 to complete 5 Sønderho steps. The 16th count is held, anticipating the repeat of the promenade (Fig. I), which starts on the outside ft.

Man's Step: (Essentially the same pattern as the W hambo Step).

Step fwd. with L (ct 1); bring both feet together--at the same time pivoting CW on L, R ft. touching lightly near L heel (ct 2); step fwd. on R (ct 3). Cue: Left, Together, Right.

Woman's Step: Step fwd. with R ft. between M feet (ct 1); shift quickly to L ft. (ct 2); step fwd. again on R (ct 3); with a little, bouyant leap which is hardly noticeable, step fwd. and slightly L on L ft. (ct 4). This third step pulls W around almost as though it were a pivot. Cue: R, L, R, leap. The 2nd ct. is slightly emphasized.

Broken down by measures the M and W steps are as follows:

9

Count
1
and
2

Man
Step L

Touch R

Woman
Step R
Step L
Step R

CONTINUED

Sonderhoning - 2

	<u>Count</u>	<u>Man</u>	<u>Woman</u>
10	1	Step R	Step L
	2	Step L	Step R
	and		Step L
11	1	Touch R	Step R
	2	Step R	Step L
12	1	Step L	Step R
	and		Step L
	2	Touch R	Step R
13	1	Step R	Step L
	2	Step L	Step R
	and		Step L
14	1	Touch R	Step R
	2	Step R	Step L
15	1	Step L	Step R
	and		Step L
	2	Touch R	Step R
16	1	Step R	Step L
	2	Hold	Hold

Research Committee:
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SØNDERHONING *(Soon'der hoen íng)*

(Danish dance from near Fano)

Although the Danes also dance the Hambo, they have their own beautiful dance which has somewhat the same feeling, the motion of it representing the gently rolling waves off the west coast of Jutland from where the dance comes. This dance was introduced at the College of Pacific Folk Dance Camp in 1954 by Jane Farwell.

MUSIC: H.M.V. AL 1358—Sønderhoning.

FORMATION: Partners in double circle, facing CCW, M on inside. In the hold described here, the W L wrist is grasped, palm up, in M R hand as they promenade with walking steps, free hands on hips. This is one of the older positions used for this dance—often nowadays just elbows are linked as the two walk arm in arm.

STEPS: Walk*, Sønderho (described below).

MUSIC 2/4	PATTERN		
Measures			
	I. PROMENADE		
1-8	In promenade pos. described above, M starts L (W R) and walks 16 steps fwd. in LOD, 2 steps to a measure.		
	II. SØNDERHO STEPS		
	Partners face each other as M swings his R hand (holding W L hand), behind her back. At the same time, W slips her R hand under M L arm pit to hold his L shoulder blade from the back, while M L hand goes in back of W at her waist. Both lean back slightly; there should be a feeling of perfect balance between the two as they turn CW, first the M turns, then the W. Five complete Sønderho steps are done to 8 measures of music. This results in an unusual effect since the step requires 3 counts, but is done to 2/4 music. There are 16 counts in these 8 measures, and it takes 15 to complete 5 Sønderho steps. The 16th count is held, anticipating the repeat of the promenade (Fig. 1), which starts on the outside ft.		
	<i>Man's Step:</i> (Essentially the same pattern as the W Hambo Step). Step fwd. with L (ct. 1); bring both feet together—at the same time pivoting CW on L, R ft. touching lightly near L heel (ct. 2); step fwd. on R (ct. 3). Cue: Left, Together, Right.		
	<i>Woman's Step:</i> Step fwd. with R ft. between M feet (ct. 1); shift quickly to L ft. (ct. and); step fwd. again on R (ct. 2); with a little, bouyant leap which is hardly noticeable, step fwd. and slightly L on L ft. (ct. 3). This third step pulls W around almost as though it were a pivot. Cue: R, L, R, Leap. The 2nd ct. is slightly emphasized.		
	Broken down by measures the M and W steps are as follows:		
	Count	Man	Woman
9	1	Step L	Step R
	and		Step L
	2	Touch R	Step R
10	1	Step R	Step L
	2	Step L	Step R
	and		Step L
11	1	Touch R	Step R
	2	Step R	Step L
12	1	Step L	Step R
	and		Step L
	2	Touch R	Step R
13	1	Step R	Step L
	2	Step L	Step R
	and		Step L

MUSIC: 2/4		PATTERN	
Measure	Count	Man	Woman
14	1	Touch R	Step R
	2	Step R	Step L
15	1	Step L	Step R
	and		Step L
	2	Touch R	Step R
16	1	Step R	Step L
	2	Hold	Hold

Dance is repeated from beginning.

Note: When the more modern hold is used, the "Sønderho" step is done face to face with M L hand on W waist, her R hand on his; M R hand on her shoulder blade, her L hand on his.