

Mazurkavariant från Sandviken—not taught

(Gästrikland, Sweden)

Ewa and Tommy Englund introduced this dance at Scandinavian Week, 1987. The sources for this dance are Benno Eriksson and Tony Wrethling. It is a fun dance and you can even dance it on the lawn!

Pronunciation: ma-SUHR-kah VAHR-ee-awnt frohn SAHND-vee-ken

Dalsteg: DAHL-stehg

Tresteg: TRAY-stehg

Music: 3/4 meter Mzurka music.

CD: *Jonssonlinjen, music for the heart and sole*: JL02, Band 16

At the Jonsson's, Traditional dance tunes from central Sweden. Band 7

Steps and Styling: Open pos: Hold inside hands at approximately chest level, outside arms hang at side.
Closed pos, Polska hold: M's R hand on the W's L side of her upper back. M's L arm is bent at the elbow to make a R angle and holds/hooks onto W's upper R arm. W's L hand rests on the M's R shldr. W's R arm is bent at the elbow to make a R angle and her hand comes from below and up to hold/hook on the M's upper L arm, keeping her elbow in contact with the M's forearm.

Dalsteg: Danced in LOD/CCW around the dance space. Step and bend outside leg (ML, WR) (ct 1); lift to ball of outside ft (ML, WR) (ct 2); come down with wt on full outside ft (ML, WR) (ct 3). Step alternates.

Counts		1	2	3
Svikt &	Steps	Step & bend outside leg	Lift to ball of ft.	Come down to whole ft.
Meas. 1	M	L	Lift on outside ft.	Come down on outside ft.
	W	R	Lift on outside ft.	Come down on outside ft.
Meas. 2	M	R	Lift on inside ft.	Come down on inside ft.
	W	L	Lift on inside ft.	Come down on inside ft.

The Dalsteg is danced very light and fluid. The free ft remains close to the ground. The Tresteg is danced with small dipping steps, i.e., a svikt on each step. Ft stamping, or marking occurs occasionally as desired. One can add pivots as desired to make the dance flow more comfortably.

Tresteg: Danced turning CW in closed pos. Use 2 meas to make 2 complete CW turn pivoting as needed.

Counts		1	2	3
Svikt &	Steps	Step	Step	Step & Pivot
Meas. 1	M	L	R	L
	W	R	L	R
Meas. 2	M	R	L	R
	W	L	R	L

Mazurkavariant från Sandviken—continued

<u>Meas</u>	Music: 3/4 meter	<u>Pattern</u>
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I. DANCE SEQUENCE

1-4 4 Dalsteg steps.

5-8 4 Tresteg steps.

Repeat dance sequence until end of music.

Presented by Roo Lester