

Mellparing från Stugun (Sweden)

Mellparing is a schottis variant from Jämtland. The name of the dance implies that it may have originated in the neighboring province of Medelpad, before it was developed in Jämtland.

Pronunciation: mehl-PAHR-eeng frohn STOO-gun

Music: Englund cassette - Stockton 1991; 4/4 meter
any appropriate slow schottis from Jämtland.

Formation: Couples in open shldr-waist pos, facing LOD (CCW), W to R of ptr.

Positions: Försteg (forestep): Open shldr-waist: M R arm around W waist, W L hand on M R shldr. Outside hands at sides.

Omdansning and Resting Figure: M R arm around W waist, W L hand on M R shldr. W R hand on M L shldr, M L arm outside W R arm with hand on W R shldr.

Steps: Försteg: Walk 4 steps fwd (2 meas). M lead W in front of him while each take 2 walking steps, so that he now faces LOD and W faces M (1 meas). Start omdansning as below (1 meas).

Omdansning: Count 1-2-3-4 (1 meas = 1 rotation)

M: L fwd in LOD (ct 1). Turn 1/2 rotation on L sole, gathering R ft close to L ft (ct 2). R ft back in LOD (ct 3). Turn 1/2 rotation on R heel, gather L ft (ct 4).

W: Step R ft behind L ft (ct 1). Light running steps on L,R,L to complete one rotation (cts 2,3,4).

Resting Figure: Walking, 2 steps per meas, M fwd in LOD and W bkwd.

Execution: Start dance with Försteg and continue with Omdansning as desired. After Omdansning, cpl may return to the Försteg or do the Resting Figure. Typically, one may use the Försteg only at the beginning of the dance and not return to it.

Presented by Tommy and Ewa Englund