

# Rundslängarn

(Hälsingland, Sweden)

Rundslängarn is a Schottis variant from Delsbo. Tommy and Ewa Englund introduced it during Scandinavian Week at Buffalo Gap Camp in 1987. It can be seen on the video Dances from Hälsingland/Danser från Hälsingland.

**Pronunciation:** RUND-slang-arn

**Music:** Use a slower-style Schottis, preferably from Hälsingland  
This description is written in 4/4. In Sweden the music is usually written in 2/4.

**Formation:** Couples dance CCW (LOD) around the dance space.

**Steps and** Low Ballroom pos when dancing facing LOD; Ballroom pos with arms close to one's body during the turning, or Polska hold during the turning.

**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 right angle and holds/hooks onto the 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 right 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.

There is a light rolling quality to the dance as the svikt is softened by using one's knees, ankles, and feet to cushion the movements.

Begin outside feet: Man, L; Woman, R.

## VARIATION I

Dance a regular Schottis sequence of Schottis steps and turning.

Cts	1	+	2	+	3	+	4	+
in 4/4								
Meas 1								
Rhythm	Q	Q	S		Q	Q	S	
<u>M</u>	L	R	L		R	L	R	
<u>W</u>	R	L	R		L	R	L	
Svikt	down	up	down	up	down	up	down	up
Meas 2								
Rhythm	S		S		S		S	
<u>M</u>	L		R		L		R	
<u>W</u>	R		L		R		L	

## Rundslängarn—continued

VARIATION II

Step slaps during Schottis steps with normal cpl turn. Facing, make one (or two) complete turn(s), M CCW, W CW during step slaps. Use the R hand to slap the R ft and L hand to slap the L ft.

meas 1

Open position with step slaps

Cts	1	+	2	+	3	+	4	+
Rhythm	Q	Q	S		S		Q	Q
Steps	step	step	step	slap	step	slap	step	step
M	L	R	L		R		L	R
W	R	L	R		L		R	L

meas 2

Closed position turning as in Variation I. Dance 4 pivot turning steps making a 1/2 turn CW with each pivot step

VARIATION III

Holding outside hands the W turns one full CW turn while doing the Schottis steps, the M dances regular Schottis steps in LOD while the W turns, then the couple dances the four closed pivot turns.

Dance Sequence: One can dance all or some of the figures. Each figure is usually repeated 2 or 4 times.

Presented by Roo Lester