

# Schottis från Hammerdal

(Hälsingland, Sweden)

Rune Bäcklin and Monica Olsson taught the Schottis från Hammerdal, also called Hammerdalsschottis, at Norrlandia Camp 2001 in Sweden. During this schottis each person dances what we call the man's and woman's part, alternating each time they dance through the sequence. According to Monica Olsson, the dance comes from the town of Kilafors, Hälsingland. The dance can be seen on the video Dances of Hälsingland/Danser från Hälsingland.

**Pronunciation:** WHAH-teess frawn HAHM-er-dahl

**Music:** 2/4 or 4/4 Schottis music. (This description is written in 4/4.)

**Formation:** Couples progressing CCW (LOD) around the dance space in open and closed positions.

**Steps and Styling:** Open position: Shldr/Shldr-blade pos with free arms at side while dancing Schottis steps.  
Closed position: Shldr/Shldr-blade pos with the person on the inside, leading position or inside track person has their arms underneath their ptr's.

Schottis steps danced in LOD, rhythmic pattern QQS.

Cts	1	&	2	&	3	&	4	&
Rhythm	Q	Q	S		Q	Q	S	
<u>Inside</u>	L	R	L		R	L	R	
<u>Outside</u>	R	L	R		L	R	L	Pivot CCW

Quick steps danced in LOD, (step on each beat), rhythmic pattern, QQQQ QQS.

Cts	1	&	2	&	3	&	4	&
<u>Inside</u>	L	R	L	R	L	R	L	
<u>Outside</u>	R back	L back	R back	L back	R back	L back	R back	Pivot CCW

**Dance Sequence:**

- Meas 1** (in 4/4) Dance a Schottis step sequence in open shoulder, Shldr-blade hold. End by the inside person guiding the person on the outside track to pivot turn CCW on inside ft, ending in front of the inside person, facing their ptr and back to LOD.
- Meas 2** (in 4/4) Dance the Quick steps with ptrs facing one another in LOD, (no turning). End the sequence with the person who danced with their back to LOD on the inside and the person who danced facing LOD on the outside. Adjust arms so that the person on the inside has their R arm below the person on the outside.

Continue dancing, changing sides during each repetition until the music ends.

Presented by Roo Lester