

## Skrea från Nor i Järvsö

(Hälsingland, Sweden)

Anneli and Stefan Wiklund and Rune Bäcklin taught Skrea during Norrlandia Camp 1998 at Harsagården, Sweden. This dance can be seen on the video Dances from Hälsingland/Danser från Hälsingland.

Pronounced: SKRAY-yah frohn noor ee YEHRV-suh  
Försteg: FUHR-stehg

CD: Polska from Järvsö or similar on Jonssonlinjen CD. 3/4 meter  
Also on the CD of music from Hälsingland by Jonssonlinjen.

Formation: The dance progresses CCW (LOD) around the dance space while couples turn CW.

Styling: Couples dance close to one another with fluid movements, moving as a unit.

Polska hold: M puts his R arm around W's L side with his R hand (the heel of his hand) on her upper back. M's L hand hooks (usually from below) onto W's R upper arm with his L arm bent at about a 90-degree angle. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulder blade or hooked on his R upper arm or on his R shoulder. W's R arm bent in a 90-degree angle, inside the M's L arm and holding on his L upper arm with her R hand hooked. W's R elbow is in contact with M's forearm. Keep thumbs with other fingers, not grasping/opposing fingers

Ptrs R hips adjacent. Shldr parallel. Keep wt slightly fwd twd the front or balls of ft and knees bent for better balance.

Svikt: The amount of down and up depends on the music & tempo, dance dialect, and dancing with your ptr. There is a slight dip on each step in the Försteg, with a flowing slight dip on ct 1 and ct.3 during the turn.

Steps: Försteg: CW turning steps for M & W. Both M and W dance a light run-walk step, stepping on the whole ft and taking 3 steps per measure, i.e., a step on each beat.

Turning step: M and W dance the same steps offset by one measure, stepping on the 1st and 3rd beats.

2 meas

Cts	1	2	3	4	5	6
<u>M</u>	R fwd turned CW		L fwd and place at angle to R	R bkwd, place sole		L fwd in LOD in front of R
<u>W</u>	R bkwd, behind self		L fwd in LOD in front of R	R turned CW		L fwd and place at angle to R

Dance Sequence: The dance begins with försteg for an even number of measures. W dances with her back to LOD and begins the turning stepping bkwd, while M begins stepping fwd. Dancers can begin directly with turning using running/försteg steps to rest between turning. Alternate between försteg and turning steps until the music ends.

Presented by Roo Lester