


SAPPO  
(Finland)

Sappo is often danced as a continuation to the Koiviston Polska.

Pronunciation:

Record: Suomen Nuorison Liitto, side 2, band 1. 2/4 meter.

Formation: Two cpls form a square. 

Steps: Walking, skipping, heel and toe, running, and jig steps.

Heel and toe: Turn to the L and hop eight times on L ft, at the same time touching the heel and toes of the R ft fwd alternately four times. With a hop face to the R, and while hopping on the R ft make the same heel and toe step fwd with the L ft.

Jig step: Step-hop on L ft behind the R heel while bringing the R ft behind the L. Step-hop on R ft behind the L while passing the L ft behind the R. Alternate.

Meas

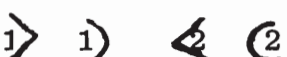
Pattern

2 meas INTRODUCTION.

FIGURE I.

- 1-4 Heel and toe steps, turning to the L, turn turning to the R. Fists on hips.  
5-6 W clap hands on the first ct and pass each other with R shldr, four walking steps.  
7-8 M repeat action of meas 5-6, changing places.  
9-12 Repeat action of meas 5-8.  
13-24 Repeat action of meas 1-12. At the end form the next figure.

FIGURE II.

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- The one in front places fists on hips, the one behind places hands on the shldr of the one in front.
- 1 The one behind peeps over the ptr's L shldr at the rear dancer of the opp cpl, shading the eyes with the L hand.  
2 The one behind repeats action of meas 1, Fig. II, over the R shldr.  
3-8 The rear dancer repeats action of meas 1-2 three more times. On meas 8, the last two counts, the dancers in front take one step to the L.  
9-10 The dancers in back clap their hands on the first ct, then join hands and turn around CW with eight skipping steps.  
11-12 Eight skipping steps CCW, ending so that the dancers in back who have just been standing in front, now stand behind.  
13-24 Repeat action of meas 1-12, Fig. II.

SAPPO (continued)

- FIGURE III.**
- 1-3 Dance six jig steps starting with the L ft stepping behind R.
  - 4 Four ordinary steps with appels (stamps).
  - 5-7 Six jig steps.
  - 8 Four steps with appels.
  - 9-15 The M run around own ptr to the L. W run to the L pass the ptr.
- When the M come to the opp W pass each other to the R.
- And to the L passing the other M.
- Turn around to the R
- Pass own ptr to the L.
- Pass the approaching W to the R.
- Finish at your ptr's place.
- 16 Use 28 running steps to the run.
  - 17-32 Four steps with appels in place.
  - Repeat action of meas 1-16, Fig. III.



Presented by Susanna Daley