

## Schottische

The schottische (schottis) is a partnered country dance, Bohemian in origin, well known in Europe, South America, and Scandinavia. It can be danced big and bouncy, as in the US, or smoother and more restrained in its movements, as in Europe.

### Music

Usually four repeating four-measure structures in 4/4 time, AABB, with a strong accent on the first and third beats and a fast walking tempo. A popular example is Wizard of Oz's, "If I only had a brain".

### Formation

Any number of couples in a circle facing counterclockwise

### Dance

4 measures of 4 beats

### Summary

Measure/steps

1. out-together-out-hop(lift)
2. in-together-in-hop(lift)
- 3&4. four turns: out-2, in-2, out-2, in-2

The hop is often not done but replaced by having the previous step taking two beats in a smooth walking motion.

### Hold/Frame

Walking: Open shoulder-waist hold, Gent on L of partner, hip-to-hip, with gent's R arm around the lady's midback and lady's L arm around gent's upper back, outside hands on hips or hanging loosely at sides.

Turning: Closed position during turn with arms on upper back, gent's arms below lady's arms.

<http://en.wikipedia.org/wiki/Schottische>  
<http://www.freewheelers.org/1DancingFool/schott.htm>  
<http://dansglad.se/en/texter/schottise.htm>  
<http://www.folkdancing.com/Pages/skandia/01gang.htm>

## Detail

Call the gent's L foot and lady's R foot "outside", and the other foot the "inside".

1. Starting in the open dance position, dance forward with
  - (1) Step forward on outside foot
  - (2) Close the inside foot to the outside, taking weight on inside foot
  - (3) Step again on outside foot
  - (4) Hop, swinging inside foot forward
2. Repeat all to the other side with
  - (1) Step forward on inside foot
  - (2) Close the outside foot to inside, taking weight on outside foot
  - (3) Step again on inside foot
  - (4) Hop, swinging outside foot forward, gent closing with a half pivot to start turn
3. Changing to closed dance position, dance forward with
  - (1) Step side/backwards on outside foot, turning
  - (2) Hop on outside foot turning half way around
  - (3) Step side/backwards on inside foot, turning
  - (4) Hop on inside foot turning half way around
4. (same as 3.) ...
  - (4) Gent roll the lady open to right.

Turn is often done smoothly without the hop. During the turn, each person's R foot should be between the partner's feet, in the natural way.

### Variations

#### Walking

1. Separate to the side, then come back together in time for the turn. (pass around slower couples)
2. Turn outwardly and slap the sides of your shoes with your hands. (1. out-together-out-slap(inside foot), 2. in-slap(outside foot)-out-in, 3-4. turn)
3. Walking step in closed position, lady walking backwards, still in closed position from turn.

#### Turning

1. 3 turning steps, 1 reverse direction to open.
2. Second half, four (brisk) pivots.
3. Second half, three pivots to change sides.

## Snoa

Snoa is a word meaning "to turn or rotate," and is used throughout a good part of northern Sweden to identify dances involving a simple pivot-spin step in duple-meter, often to gånglåt (walking-tune) music. The formation and hold are the same as for the schottische.

### Summary

Walk (feet: outside, inside) for as long as you want, then pivot turn as long as you want. Transitions are best on the 1st count of the 1st measure of a phrase (but could be on any odd count).

### Detail

#### Open walking steps forward

In open shoulder-waist hold, free hands hanging loosely at outsides, begin on outside foot, couple moves forward with purposeful walking steps.

#### Closed pivot-spin turn

Gent closes in front of lady to begin pivot turn (outside foot, inside foot, repeat) making a full rotation on each 2 counts, tracing a line on the floor. More rotation and less traveling. Turn half around with each step to avoid spiraling into the middle of the dance hall, aim for the outside wall.

Couple returns to open walking steps at any time by gent opening into walking position with lady on right.

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### Snoa mixer

Circle of couples, keep tight

0. Walk four steps, turn four steps
1. Gent walk forward one lady (lady may turn in place), turn with her four steps
2. Gent turn over left shoulder, walk back two ladies (lady may turn in place), turn with her four steps
3. repeat 1&2

## Hambo

The hambo is a traditional couple dance with a fixed pattern that originated in Sweden in the late 1800s and early 1900s.

### **Music**

Usually four repeating eight-measure structures in 3/4 time, AABB, with a strong accent on the first and third beats and a tempo that varies from moderate to fast (100 to 120 beats per minute).

### **Formation**

Any number of couples in a circle facing counterclockwise, Man on L of partner, inside hands joined, elbows bent with hands at elbow/shoulder level, outside hand on hip with fingers forward.

### **Dance**

8 measures of 3 beats

### **Summary**

Measure/steps

1. dalsteg out
2. dalsteg in
3. walking out
4. turn transition in
5. turn
6. turn
7. turn
8. walking transition

First four measures have an away-together-away-together feeling. The connected hand gives springy weight with partner.

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### **Hambo mixer variation**

Couples form a circle, facing in, holding hands.

1. 2 dalsteg, roll neighbor lady to right. (twice)
2. Hambo with current partner, rejoin circle

Note: If even number of partners, only do one roll away half way through dance to partner with all people.

### **Detail**

The first two 3-beat measures dalsteg (dal step).

1. Couple holds inside hands (man's right, woman's left), step forward on their outside foot (man's left, woman's right), swing their inside foot slightly forward and out, and create a slight lift by raising the heel of the stationary outside foot.

2. Repeat but with opposite foot and the diagonal swing forward and inward.

3. Take three steps forward and out (man left, right, left; woman right, left, right).

4-7. Next four measures are hambo turn as described at right. First beat of fourth measure can be accented with a right-foot stomp by man.

4. Gent perform turn in front of lady, while lady performs footwork of turn (L-T-R) in small forward steps without turning.

5,6,7. Normal hambo turn.

8. Three steps forward (man right, left, right; woman left, right, left), leaving outside feet ready to start the pattern over. Gent's steps are forward, lady is turning to open position for her walking steps.

### **Hambo turn**

Lower body weight about 1" for balance and spring.

### **Summary**

Man: Right, Left, Together

Woman: Left, Together, Right

“Together” has weight on left foot.

### **Turn armhold**

A closed position during turn.

Men: R arm below W's shoulder, L hand is on W's upper arm just above elbow.

Women: L arm is on M's upper arm, and R arm is on M's upper arm just above elbow.

Partners are slightly to the L of each other with M's R foot is between W's feet.

### **Hambo (Polska) turn detail**

Key: R=right, L=left, T(L)=together/touch with weight on left

#### Man's Part

**Beat 1 R** - Right foot small step forward and begin turning clockwise, pivoting on the ball of the right foot.

**Beat 2 L** - Set down the left foot big step and continue to pivot (by now facing back in line of dance), continue turning on the ball of the left foot.

**Beat 3 T(L)** - Bring the ball of the right foot even with the heel of the left foot (by now facing in towards the center of the room) and continue turning on left and back to Beat 1.

#### Woman's Part

**Beat 1 L** - Big step left foot (and move the body) around the advancing lead, placing the ball of the foot down on the outside of the dance circle with back in the line of dance, continue pivoting on the ball of the left foot.

**Beat 2 T(L)** - Set the ball of the right foot next to the instep of the left foot (by now facing in towards the center of the room), continue turning.

**Beat 3 R** - Small step forward on the right foot and begin pivoting on the ball of the right foot and back to Beat 1.

### **Turn style**

Turn has a dip-lift-up feel. The three beats for the gent:

1. Right leg to dip about 2 inches (svict).
2. Dip hits low point, then left leg lifts body up with a springy feel, knees still slightly bent.
3. Touch, staying relatively tall.

<http://en.wikipedia.org/wiki/Hambo>

<http://www.freewheelers.org/1DancingFool/hambo.htm>

[http://www.folkdancing.com/Pages/skandia/appx\\_a.htm](http://www.folkdancing.com/Pages/skandia/appx_a.htm)

Teaching: (1) Walking facing forward only. (2) Turning alone, gents and ladies separately. (3) Armhold. (4) Put it together. (5) Rotate partners. (6) Mixer (4 times then ladies progress, then formal mixer).

Updated June 2012 by Erik Erhardt