

1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Ingvar Sodal

PARISARPOLKA
(Norway)

Record: Aqua Viking V 301 a, RCA LPM 9910 or LPNES 65.

Formation: Cpl dance. Any number of couples. Free hand on hip, thumb fwd.
Open, and closed shoulder-waist position.

Steps: Walking steps, open two-steps, pivot.

Figures:

1. With W's L hand in M's R, start with outside ft and dance 3 walking steps LOD. On ct 4 set inside ft lightly in the floor. Starting with inside ft, dance 3 walking steps RLOD and on ct 4 set outside ft lightly in the floor. Dance fwd in LOD on 2 two-steps, starting on M's L and W's R. Shoulder-waist pos and turn CW twice on 4 pivot steps.
Repeat 1 or 3 times.
2. Same as 1, except when moving fwd in LOD, make 1 complete turn, M CCW, W CW on 3 walking steps. Stop on ct 4 with inside ft touching the floor. Starting with inside ft, turn once around, M CW, W CCW, on 3 walking steps, while moving RLOD. On ct 4 touch floor with outside ft as described above. 2 two-steps LOD and pivot as in 1.
Repeat 1 or 3 times.
3. Same as 2, except join both hands, whereby the turning away from each other (LOD) becomes a "dishrag-turn". (Keep hands close together overhead, and bodies close together to be able to do the turn comfortably). Do "dishrag-turn" back (RLOD) in the same manner. 2 two-steps LOD and pivot as in 1.
Repeat 1 or 3 times.
4. M facing LOD, W facing RLOD, W on M's R side. Join hands, W's R in M's L, W's L in M's R.
3 walking steps and touch on ct 4, LOD, starting on M's L, W's R. (W goes backwards). As one turns to go back, RLOD, on 3 walking steps and touch on ct 4, M lifts R arm (still holding W's L), and W turns under the arms CCW. W's R and M's L hands end up, still joined, behind W's back. At the same time M turns CW (not under arms). M's L hand and W's R are still joined, now across M's chest. (The turning around is completed while doing the first walking step RLOD).
As both are moving fwd in LOD, the M on 2 two-steps, the W on 4 walking steps, W turns twice CW.
Shoulder-waist pos and pivot as in 1.
Repeat 1 or 3 times.
5. Dance fwd LOD with M's R hand holding W's L hand above W's head. W turns CW once on 3 walking steps, and L touch on ct 4. M moves fwd as in 1. Turn and move RLOD while W turns CCW once on 3 walking steps and touch floor with R ft on ct 4. M's step as in 1.
While both are moving fwd LOD, M on 2 two-steps, W on 4 walking steps, W turns twice CW.
Shoulder-waist pos and pivot as in 1.
Repeat 1 or 3 times.

The length of the recorded music may not always be tailored to this particular sequence of figures. If the music is longer, one can start over again on fig. 1.

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Record, RCA record add: has 8 ct introduction.

Formation, add to end of paragraph:(M R on W R waist and L on W shldr blade, W R under M L arm and on shldr blade with W L on M R shldr.)

Fig 1, line 1, should read:.....M's R "at shldr height", start with...

Fig 2, line 1, should read:...M CCW "with hands folded across chest"W...

Fig 2, line 2, add at end of line: and clap hands

Fig 5, line 6, add to end of sentence: under joined hands as in meas 1.

Add under steps: Meter 3/4