

## Pariserpolka

This version has figures danced in a fixed sequence. The dance may also be done as a gammeldans using the first figure only, with the second figure as a possible variation.

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975. Also, certain changes and additions from the Noregs Ungdomslag Teacher Training Course, Fana 1976.

Record: Any pariserpolka. There is one on "Norwegian Folk and Figure Dances", EMI CO54-37340. Also on TD-2, Norsk Grammofonkompani, A/S, Oslo.

Music: 2/4.

Steps: Single svikt walking, double svikt walking and extended-flex walking.

Starting position: Couples, man and woman facing each other, both hands joined at chest height. Man has his back to the center of the circle. Hold own hands near each other.

The dance consists of each of the following figures done twice, i.e. Figure I twice, Figure II twice, etc.

### Measure

#### Figure I - simple form

- 1 Turning to face slightly counterclockwise around the room, do two single svikt walking steps followed by one double. On the double, place the ball of the free foot on the floor and turn to face partner. Begin with outside foot.
- 2 Repeat measure 1 with opposite direction and footwork, i.e. proceed in a clockwise direction around the room.
- 3 Turning to face slightly counterclockwise around the room, do four single svikt walking steps forward. On the fourth, the man dances around almost in front of the woman and they take waist-upper arm hold.
- 4 Using four extended-flex walking steps, rotate twice clockwise while progressing counterclockwise around the room.

#### Figure II - turn away

- 1 Doing the same step and proceeding in the same direction as Figure I, measure 1, each turns once alone. Man turns to his left, woman to her right. On the last svikt, while facing each other, they snap fingers, clap own hands together or simply lift hands freely.
- 3 Repeat measure 3, Figure I except that hands are not joined. Hands hang freely at sides.

- 4 Repeat measure 4, Figure I.

Figure III - pancake turn

- 1 Joining hands as in the starting position, the couple turns once under the joined hands. Use the same step and proceed in the same direction as for Figure I, measure 1. This is the same as Figure II, measure 1 with joined hands.
- 3-4 Repeat measures 3-4, Figure I.

Figure IV - woman backward

- 1 Using the same step as for measure 1, Figure I, the woman dances backward while the man dances forward. The position is unusual: to get into it, take hands as for the starting position. Then man turns to face counterclockwise around the room on the inside of the circle; woman faces clockwise on the outside. Extend right arms straight, bending left arm as necessary.
- 2 Use the same step as for measure 2, Figure I and progress clockwise around the room. The man lifts his right arm, turning the woman under it so that she turns 1/2 turn to her left. He turns 1/2 turn to his own right when it is comfortable, dropping his right hand in front of him so that the woman's left arm is straight.
- 3 Man turns and walks forward as in measure 3, Figure 1. He drops the joined hands behind the woman (his left and her right) and turns the woman twice to her own right under the joined hands. She uses four walking steps. Free hands at sides.
- 4 Repeat measure 4, Figure I.

Figure V - woman turns

- 1 Join hands, man's right and woman's left. Free hands at sides. Using the same step as measure 1, Figure I, man dances as in Figure I turning woman once to her own right.
- 2 Repeat measure 1, Figure V, with opposite direction and footwork, i.e. woman turns to her left.
- 3-4 Repeat measures 3-4, Figure IV, except that there is no dropping of hands at the beginning of measure 3.