

POLKA MED STØYT  
(Norway)

Polka with shock or stop was common over most of Norway except in the east where the masurka gained greater popularity. This description is based on dancers from Bergen.

Pronunciation: POHL-kah me~~k~~ STØYT

Source: Egil Bakka, Danse, danse lett ut på foten, Oslo 1970  
Bondeungdomslaget "Ervingen", Bondeungdomslaget i Bergen.

Music: Triola TNLP 38, side A, band 6 "Hanguren". 3/4 meter.

Formation: Ptrs facing each other in a ring, M with back to ctr. M R hand on W waist. W L hand on M shoulder. W R hand in M L hand. M places his L hand on his hip.

Steps: Polkamasurka step A. Bytomfot step IV.

Meas

Pattern

- |            |   |
|------------|---|
|            | <u>I. LEFT SIDE</u>   |
| 1, 2, or 3 | Dance 1, 2, or 3 polkamasurka step A in LOD. M begin with L ft, W with R.                         |
|            | <u>II. 1/2 TURN CCW</u>   |
| 1          | Turn 1/2 CCW using bytomfot step IV. W now has back to ctr.                                       |
|            | <u>III. RIGHT SIDE</u>  |
| 1, 2 or 3  | Dance 1, 2, or 3 polkamasurka step A in LOD. M begin with R ft, W with L.                         |
|            | <u>IV. 1/2 TURN CW</u>  |
| 1          | Turn 1/2 CW using bytomfotstep IV. M now has back to ctr.   |
|            | <u>V. TURN CW</u>   |
| Any number | Cpl turns CW using bytomfot step IV. Use 2 meas (that is, 2 steps) to turn 360 . Progress in LOD. |
|            | <u>VI. TURN CCW</u>   |
| Any number | As fig V except cpl turns CCW.  |

SEQUENCE:

The elements above can be combined in many ways. Some ground rules and suggestions: People usually begin I II III IV. You can continue with V or with I II III. Dance fig V or VI as long as you like, but always go from fig V to Fig I and from fig VI to fig I. Preferably begin fig I on the first meas of a phrase. If you like, you can dance the sequence I through IV several times before going to fig V or fig VI.

Presented by Bruce Taylor