

Polka och Bakmes från Kall

(Jämtland, Sweden)

MUSIC: Slow polka.

FORMATION: Dance CW & CCW around partner and as a couple LOD around the hall.

SOURCES: Description by Bill Gooch, 6/13/89. First learned from Anita and Per Sundberg of Torsåker, Gästrikland and Elvy Andersson, Sundborn, Dalarna. Reference to 1) videotape of the Karlholms Marita Hendrickson at Scandia DC Weekend, Buffalo Gap, 9/89; 2) Beskrivning av Svenska Folkdanser Del II, (description by Göran in 1962 & 67, pp. 96-97) published by Svenska Ungdomsringen för Bygdekultur, 1983.

STYLING: The emphasis is up from the svikt (knee bend) in the polka (druffsteg) CW. The bakmes is very smooth with upper bodies facing each other in a close hold.

HOLDS (3): 1) **Polska Hold:** M's R hand on middle of W's back just above belt level. The other 3 hands are on partner's upper arms (not shoulders) as follows. M's L hand on W's upper arm near the shoulder. W puts her left arm over M's right arm and right arm inside of M's left arm and holds his upper arms with her hands. Upper bodies remain close to each other during both turns. Note: Use this hold in both the polka turn and the bakmes with slightly differently body/feet positions as described below.

2) **Polka Turn and Viltur:** Face partner with R foot between partner's feet.

3) **Bakmes:** Be slightly to the right of each other in the bakmes with L outside partner's L. Keeping upper body facing partner as much as possible (instead of hip-to-hip) will make the turn smoother and smaller.

STEPS (3):

Music 2/4	1) Polka Turn. 1 CW turn = 2 meas. M begins on meas/ct 1/1, W on 2/1.
meas/cts	M starts here: L-Together-L-Pivot on L (meas 1). R-Together-R-Pivot on R (2).
1/1	With back toward center of circle, step L to left straightening knees somewhat.
1/1&	Step R beside L bending knees somewhat.
1/2	Step L to left straightening knees somewhat.
1/2&	Pivot 1/2 turn CW on ball of L to face center of circle. After most of pivot is completed, bend L knee somewhat ready to straighten on ct 1.
	W starts here: R-Together-R-Pivot on R (meas 1). L-Together-L-Pivot on L (2).
2/1	Facing center of circle, step R to right. Straighten knee somewhat.
2/1&	Step L beside R. Bend knees somewhat.
2/2	Step L to left. Straighten knee somewhat.
2/2&	Pivot 1/2 turn CW on ball of R to face center of circle. After most of pivot is completed, bend L knee somewhat ready to straighten on ct 1.
	Note: Swedes call this particular type of polka step the "druffsteg". It is characterized by dancing with the feet remaining close to the floor. Straightening the knees on cts 1 & 2 gives the dance a rising feeling with no hopping.

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Polka och Bakmes från Kall—continued

Transition from omdansning to bakmes: **Man:** Stop the dance movement usually at the end of a phrase. Facing LOD, M stamps L (1) in place, then R (2) beside L taking no weight on R. M begins bakmes of meas 1 of description. **Woman:** Get ready for double heel pivot on meas/2/2. Put weight on R. Then put L about 1/2 foot behind R with weight evenly distributed on two feet.

Music 2/4 **2) Bakmes. 1 CCW turn = 2 meas. M starts on meas 1 of description, W meas 2.**
meas/counts

M: R (2&a). L (1). R (2). L behind R (1). Pivot on heels (1&). Full feet (2).

W: L behind R (1). Pivot heels (1&). Full feet (2). R (2&a). L (1). R (2).

- 2/2& **M starts here.** Small step through R heel in LOD to begin CCW turn. Don't leap.
 1/1 Small step through L heel in LOD with toes turned slightly left.
 1/1& Pivot about 1/4 turn CW on ball of L.
 1/2 Step through R heel with toes facing between center and RLOD.
 1/2& Strong, big pivot on ball of R foot CCW (a big part of the dance).
 2/1 **W starts here.** Put weight equally onto both feet as you place the L about 1/2 foot behind R. L toes should be pointing approximately away from center of circle. R heel should point toward L arch.
 2/1& Continue CCW turn without moving feet. Follow partner with upper body.
 2/2 Pivot CCW on both heels continuing to follow partner with upper body.
 2/2& Plant full feet with toes facing almost LOD.

Transition from bakmes to polka: As M has steps R toward center on meas/ct 1/2 of the description, he turns to face W. Both dance 1 polka step to M's left and W's R almost in place. Continue dancing polka CW.

Music 2/4 **3) Viltur (Resting Step). In polska hold, dance försteg in LOD.**
 Man dances forward in LOD. Woman backs up. Begin on M's L and W's R.

EXECUTION: Alternate polka and bakmes. Dance viltur at any time during the dance.

GÖRAN'S SOURCES: Märta Mårtensson was born in 1888 in Kall. She moved because of her marriage to Mattmar in 1910. Before she was 20 years old, she learned the dance from her parents Katrin Andersson, born in 1864, and Jöns August Andersson, born in 1862.

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 Presented by Roo Lester

Roo's Notes:

Pronunciation: POHL-kah ohk BAHK mehss frohn KAHL Viltur=VEEL-toor
 Music: CD: *At the Jonsson's, Traditional dance tunes from central Sweden*. Band 9
 [Alternate melodies at Band 8 and 10, but Roo Lester prefers Band 9]

Svikt for Polka turn is: down, up, down, up.
 Polka turn 2/2, change to: Step R to right....