

SLÄNGPOLSKA FRÅN SKÅNE
(Sweden)

This dance is one of the older types of the polska, which are danced on the spot (18th-century). It's lively! It was taught by Per and Margareta Jennische.

Record! Släng-polska from Skåne (3/4 meter). Count 1-&, 2-&, 3-&. Viking SMF-200

POSITIONS

- (1) Partners facing each other with a low double hand hold.
- (2) Equilateral position when the couple is turning CW; reversed equilateral position when they are turning CCW.

STEPS

Clockwise: outside foot = L. Step forward with L (1-&), forward with R (2), place L foot close to R heel (&), and step forward with R (3-&).

Counterclockwise: outside foot = R. Same steps as above with opposite footwork.

THE DANCE

Meas. 1-8, 1-8: Start with position (1) and turn CW, TAKING SMALL STEPS. The partners lean away from each other, but keep their feet close together. On measure 8, they drop hands and both the man and the woman make one turn CCW separately, taking one step per beat (L-R-L). On the last two beats of the measure they clap their hands, once per beat, and the steps are emphasized. Take position (1) again and turn in the opposite direction (CCW); the R foot is now free to start the step. This time the turn on measure 8 is done CW, stepping R-L-R.

Meas. 9-16, 9-16: Partners take position (2) and turn CW. The individual turn on measure 16 is done as above for measure 8. The couple then turns CCW, with partners again turning separately on measure 16.

The dance repeats from the beginning.