VÄSTERDALSK BAKMES MED POLSKA   (vest-er-dahlsk bawk-mess)
Sweden

This dance in a way is just Gamal Polska with a new variation; the backward turn (bakmes). The sequence is arbitrary, and the change from one step to the next is made at will. The dance was learned from Gordon Tracie in April, 1976 and presented by Dean Linscott at the 1976 Mendocino Folklore Camp.

Music: Any smooth Swedish Polska, such as those for gamal polska; the Dans i Dalom LP is good (#S-4262 from Folklore Imports, 800 Linden Avenue, Boulder, Colo. 80302--Ingvar Sodal) (3/4 meter)

WALKING STEP: In open dance posn, free hands hanging loosely at sides, both step fwd on outside ft (ct 1); pause (2); step fwd on inside ft (3). Continue smoothly, with slightly flexing knees; heel hits the floor first, then foot "rolls" onto sole.

TURN: M steps L in front of and facing W, gripping her upper R arm with his L hand, and starts CW turn (1); close R to L, continuing turn (2); step fwd R in LOD, completing turn (3); continue, smoothly. W's step: on both ft together (1); step fwd R (2); step fwd L (3).

BAKMES TURN: Enter this turn from the walking step. On the last meas of a phrase, M stamps L, at the same time moving W over into L "side-car" posn: M faces LOD, W faces opp; L hips are adjacent; L arms are at ptnr's waist, R hand gripping ptnr's L arm above elbow.
Turning Step: Step fwd L, around behind ptnr's ft (1) pause (2); step R in front of L, R toe turned to L (ft nearly in a "T" posn) (3); step L behind R, L toe turned out (ft nearly in an "L" posn) (4); pause (5); step fwd R in LOD, completing turn (6). On cts 1 and 4, L knee is bent; on cts 3 and 6, R knee is straight, giving a dip and rise feeling to the step (but fairly smooth). It is important that the "pauses" be in the dip posn, L knee bent. *OPEN UP w/ WOMEN MAY STEP L,R,L OR JUST DO WALK w/ off bmk*
As executed with a ptnr, M starts the above turn step on ct 1, while W simultaneously starts at ct 4, and they continue, 180 degrees out-of-phase.

It was recommended that a comfortable sequence for the above steps would be:

Walk
Turn
Walk
Bakmes Turn