

Finnish-Swedish Bakmes Polkka

(from the west coast of Finland)

Notes from Milla and Petri Workshop, Oakdale, Jan. 18, 2003

(Can use Ivan Polka for music.)

Open dance position with bodies at about a 90 ° angle in a "V" position throughout dance. M's left hand is over the W's right hand, both palm down.

Begin walking forward, both on L for 6 steps. The next two steps for the M are actually stamps, taking weight each time. (total of 8)

Turn CCW thusly: M starts jumping onto both feet (but weight on R, slow); step L, R, L, (quick, quick, slow); leap onto R (slow). The first step L is in LOD in front of the R. The leap onto the R ends with the M having his back to the LOD.

W starts L, R, L, leap onto R, jump both (weight on R). The first step L is in LOD in front of the R. The leap onto the R ends with the W having her back to the LOD.

Repeat multiple times.

Alternating walking and turning.

*workshop notes
say walk for 16*