



# BÄRMES FRÄN TRANSTRAND

Reverse-Dance From Transtrand (Dalarna) *Sweden*

This dance is one of the oldest forms of the polska and is danced smoothly. Couples stand in an open circle which moves CCW. The couple turns CCW.

MUSIC: Polska (3/4) meter from Västerdalarna. Count 1-and, 2-and, 3-and, 4-and, 5-and, 6-and for every two measures.

RECORD: Regional Folkdances from Sweden. Viking SMF 200.

POSITIONS: During the introduction steps: Waist hold, the man has his right arm around the woman's waist and the woman has her left hand under the man's upper arm. Outside arms hang down. During the turn as a couple: Reversed polska position.

## THE STEPS

Introduction steps, man and woman starting with the left foot.

Reverse-dance steps (same for the man and the woman): One step forward with left foot, slightly turned to the left (ct 1), lift right foot (ct and), lift left heel (ct 2), and pivot CCW on the ball of the left foot (ct and). Put the right foot down perpendicular to the left foot in front of toes (ct 3), lift left foot and pivot on the ball of the right foot (ct and). Put the ball of the left foot down diagonally behind the right heel (ct 4), the knees slightly bent. Pivot half a turn on the ball of the left foot (cts 5, and) and bring the right foot forward in the line of direction (ct and). Put down the right foot with toes pointing forward (ct 6), and lift left foot (ct and).

## THE DANCE

The dance starts with an unlimited number of introduction steps. The reverse-dance is started by the woman as she dances the reverse-dance steps to the man's left side in turn position. The man starts the reverse-dance steps one measure after the woman.

During the turn the man can:

(a) slap his right heel with the palm of his right hand on ct 2, or

(b) make a "dip" on cts 1 or 4 so that his knee touches the floor, several measures in a row.

Every now and then stop turning and dance the introduction steps, either in waist-hold or in turn position with the man or the woman dancing backward in the line of direction.

Sometimes the handhold is let go and the man turns cartwheels next to the woman, who continues to dance the introduction steps.

Presented by Per and Margareta Jennische

*Tefu Camy 77*



## STEPS

### Introduction Steps (Sw. forsteg).

3/4 meter. Count 1, 2, 3 for each measure.

Left: Take one step forward on left foot (1); toward the end of (2) lift right foot and bring it forward slightly past the left foot and put it down on (3).

Right: Same steps as above with opposite footwork.

### Main Polska Step.

3/4 meter. In each measure count 1-and, 2-and, 3-and. The step is danced clockwise (CW).

Man: Take one step forward with the left foot, crossing it over the right (1). During a pivot on the ball of the left foot the right foot is brought backward in the line of direction (and), and is put down a foot's length behind the left foot (2). Then pivot simultaneously on the ball of the left foot and the heel of the right foot (and). On (3) the ball of the right foot is put down on the floor and the weight is shifted onto the right leg. On (and) the left foot is once again brought forward and is put down again in front of the right foot on (1), etc.

Woman: With the weight on the left foot place the ball of the right foot by the left heel (1). On (2) take one step forward with the right foot, placing it between the man's feet. Pivot on the ball of the right foot at the same time as the left foot is brought forward (and), making it a big step which is finally put down on (3). During the pivot on the ball of the left foot, the right foot is brought backward, making a little half circle (and), and the ball of the foot is placed by the left heel, etc.

### The Schottische Step.

4/4 meter (the music is sometimes written in 2/4 meter). Count 1, 2, 3, 4 in each measure.

Left: One step forward with the left foot (1), right foot is put down close to the left foot (2), one step forward with the left foot (3), hop on the left foot (4).

This is usually followed by a "right" schottische step which has the same pattern, but with opposite footwork.

## POSITIONS

### Polska Position (Sw. polskefattning).

The man puts his right hand on the woman's waist and grips the woman's right upper arm with his left hand. The woman puts her left hand on the man's right upper arm and her right hand on the man's left upper arm (the woman's right arm is on the inside of the man's arm). Man and woman stand to the left of each other.

### Reversed Polska Position (Sw. liksidig fattning).

Mirror image of the polska position. Woman and man stand slightly to the right of each other.

### Equilateral Position (Sw. liksidig fattning).

The man puts his right hand on the woman's waist and his left hand on her right upper arm. The woman places her hands in the same manner. Man and woman stand slightly to the left of each other.

### Reversed Equilateral Position (Sw. omvand liksidig fattning).

Mirror image of the equilateral position. Man and woman stand slightly to the right of each other.

### Waltz Position.

The man puts his right arm on the woman's waist, and the woman puts her left hand on the man's right upper arm. The woman places her right hand in the man's left hand, which is turned facing up (the inside of their hands touch). The arms are somewhat held out shoulder high.

*Texas Camp 77*