

BINGSJÖ POLSKA
(Sweden)

This dance comes from the district of Bingsjö, province of Dalarna, Sweden, and was learned there in 1970 by Gordon E. Tracie.

Pronunciation: BING-sjö POHL-skah

The Scandinavian vowel ö or ø is the equivalent of German omlaut ö and French eu. Since it has no counterpart in English, the short oo as in "look" is the easiest substitute.

Record: Sonet SLP 2060 (import), side B, bands 1 and 2.
3/4 meter.

Formation: Cpls in semi-closed pos (described below), facing LOD, but not necessarily in a circle.

Note: There are no figures in the regular sense, but merely two dance positions and three sets of steps which can be used at will, with no fixed number of meas for each. There are three cts in each meas of music.

OPEN POLSKA FWD ("försteg")

In semi-closed pos: M R arm around W waist; W L hand on M R shldr (either over or under his R upper arm); other hands joined out in front with M four L fingers over and L thumb under W R fingers; elbows kept fairly low; beginning on outside ft, move fwd in LOD with open polska steps (two are sufficient). (See Glossary.)

CLOSED POLSKA TURN ("rundpolska")

Whenever desired, cpl assumes basic polska hold (but with M L hand far up on W R upper arm), and rotates CW with full turn polska steps. M may take a light stamp on L ft on ct 1 of first meas of turn if he wishes.

Meas Ct

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|---|---|----|--|
| 1 | 1 | M: | "Reach" L leg around CW to take 1st step on L ft; |
| | 2 | | turn CW on R heel (both ft now on floor); |
| | 3 | | complete full pivot by turning on L sole and R heel (which points into LOD). <u>Note:</u> Do not lift R ft from floor yet! |
| | 1 | W: | Pause, wt on both ft; |
| | 2 | | step on R ft between M ft; |
| | 3 | | step on L (relatively long step). |

Note: Steps must be well controlled, so that turn is extremely smooth without any bounce or emphasis on one ct over the other.

BINGSJÖ POLSKA (continued)CLOSED WALK-AROUND TURN ("springpolska")

Retaining basic polska hold, cpl turn one revolution CW with each set of six walking steps, in the following manner:

<u>Meas</u>	<u>Ct</u>	
1	1	M: Step on L fwd and to R;
	2	step on R a short step to R, R heel by L toe, between ptr's ft;
	3	step on L with L toe pointing to R.
2	1	Step on R behind L heel;
	2	step on L a bit to L of R ft;
	3	step on R fwd into LOD, between ptr's ft.

W: Same as for M, but start with ct 1 of meas 2.

Presented by Gordon E. Tracie