

## "Enbenspolska" från Bingsjö

**Progression:** The dance progresses LOD/CCW around the dance space while couples turn CW.

**Dance Holds:** **Försteg** same as for polska

**Enbenspolska** equilateral hold, each has their R arm underneath ptnr's. Cpl. may use the regular polska hold, however this is less common.

**Steps:** **Försteg** same as for polska

**"Enbenspolska":** M & W each make one complete CW turn per measure. W begin each measure with the same foot, M alternate feet each measure as they only take one step in each meas. Turning/pivoting between each weight change is crucial.

M steps L ct 1, pivots on L sole/ball ct 2, and pivoting on L heel ct. 3, and does the same when stepping on his R.

W steps B ct.1, R ct. 2, L ct. 3, same as polska, except for alignment and she may need to provide support for her ptnr.

Counts	1	+	2	+	3	+
M	L sole facing out almost to RLOD	pivot	Continue pivot sole		Transfer wt to heel	Pivot on heel
W	Wt on B, R by L arch	Pivot on L	Step R	Pivot on R	L sole	Pivot L sole/ball

**Dance Sequence:** As with other polskor, alternate between försteg and enbenspolska turning. M need not turn a complete phrase. It is OK to just do a few turns.

**Suggestions:**

- M must take short, small steps and keep his weight over his supporting leg/foot.
- M alternates pivoting on sole then heel in each meas.
- W must also take shorter steps so her ptnr may take small steps.
- W may need to provide support for M if he has balance problems.
- Sometimes the angle that the W holds her ptnr makes a difference in the balance and the M's ability to step around his ptnr. I often angle myself so that I am partially facing my ptnr's R side.