

Fernbopolska

(Sweden)

Fernbopolska is a slängpolska from Västerfärnebo parish. The dance was reconstructed during a dance course part II, SUR Västmanlands district, in Tärnsjö in 1974 based on an interview with Helga Johansson, who was born in 1899 in Möklinta. Helga stated that the dance should go very fast. "The skirts flew out and swept around the floor." She has two names for the dance, Gammelpolska and Fernbopolska.

Pronunciation:

Cassette: Englund cassette - Stockton 1991.

3/4 meter

Formation: Initial position is two cpls in a circle.

Holds: Circle hold: Cpls in a closed circle, W stand to the R of their ptrs and lay their hands in the M's hands.
Couple hold: Double handhold, alternated with a closer hold, standing somewhat to the L of each other with R hand on ptr's waist (= equilateral position). L hand on ptr's upper R arm or shldr.

Step: Step L (ct 1); step R,L (ct 2); step R (ct 3).

Sequence: 8 meas I. The circle rotates CW.
2 meas II. Clap and individually turn around CCW.
6 meas Clap and do the couple turn, turning CW.
2 meas III. Clap and individually turn around CCW.
6 meas Clap, then take circle hold and dance CW.

Repeat parts II and III as long as the music continues. Alternate hold for the couple turn.

Comments: The above description was written by Märta Johansson and Svea Jansson in March 1983 after another interview with Helga Johansson. It has not been possible to document the turning step. During the 1974 reconstruction, the three-step was used. We recommend trying both steps to see which works the best. If the three-step is used, it ought to have the character of a slightly accented springsteg (a running step danced on the sole of the ft with a slight dip). The number of measures indicated is merely a suggestion.

Translated for Stockton Folk Dance Camp 1991 by Wes Ludemann.

Presented by Tommy and Ewa Englund