

JÄMTLÄNSK POLKA MED BAKMES
(Sweden)

Jämtländsk polka med bakmes comes from the district of Kall, province of Jämtland, Sweden. It was learned in Sweden in 1970 by Gordon E. Tracie and taught by him at the Skandia Folkdance Society in Seattle, Washington.

Pronunciation: YEMT-lenssk POHL-kah meh BAWK-mehs

Record: Viking SMF 201, side B, band 4;
Viking V-800, side B (45 rpm). 2/4 meter.

Formation: Cpls in a random circle, progressing in LOD.

Steps: Jämtländsk Bakmes Step in Duple Meter - 2/4 Polka
Rhythm: (2 meas = 1 revolution)

Upbeat quickly glide R ft up to L ft;
ct 1 step diag CCW on L ft;
2 while pivoting on L sole, step R ft in front of L ft to form a "T";
3 step L behind R ft so that L toe and R heel are somewhat adjacent to form a R angle; at the same time, with wt on both ft, dip slightly by gently bending both knees;
4 raise both soles so as to turn CCW simultaneously on both heels, completing one revolution in the four cts.

Note: The following parts are not figures in the regular sense, but three different responses to the music, with no fixed number of measures for each.

CLOSED POLKA TURN ("rundpolka")

In closed basic polska hold, beginning on M L and W R ft, cpl turns CW and/or CCW with "druff" polka steps, as long as desired.

"Druff" polka: basically a two-step (no hop), danced with considerable "svikt" (= springiness) in the knees.

Transition to reverse-turn:

M: stamp L ft on ct 1, then step R,L on cts &,2, while bringing W over to L side into reverse sidecar hold.

W: step R ft on ct 1, and place L ft one-half foot length somewhat behind R ft on ct 2, while assuming reverse sidecar hold.

REVERSE TURN ("bakmes")

In reverse sidecar hold, cpl turns CCW as described for duple-meter Jämtländsk bakmes step, above, as many series of four cts as desired.

REST STEP ("viltur")

Same as in polska, except with even rhythm steps instead of polska.

Cpl may revert to closed polka turn, reverse turn, or rest steps at their discretion.

Presented by Gordon E. Tracie