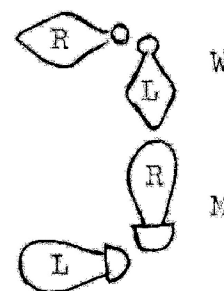


## Medelpad Senpolska (Sweden)

Medelpad Senpolska (MEHD-ehl-pahd SEHN-pohl-skah) is from the northern Swedish province of Medelpad and implies a "slow" polska. It was learned in Sweden in 1970 by Gordon E. Tracie who taught it at the 1981 University of the Pacific Folk Dance Camp. The patterns described below are a forward introductory step and a turning polska. They are not intended as a routine but should be danced selectively, the man leading as he desires.

RECORD: Viking SMF 201 Side A/5; Viking SMF 200 Side B/3; Sonet SLP 2038 Side B/2. 3/4 meter

FORMATION: Cpls at random about the floor in hambo hold pos as follows: Ptrs facing but about 6"-10" apart, MR arm around W waist, WL arm on MR upper arm and her hand just below M shldr. ML, WR hand hold ptr arm just above the elbow and in a "rounded" look. MR, WL ft point directly twd ptr; ML, WR ft point directly in LOD, with heels adjacent. Ft are at R angles.



STEPS and

Medelpad Polska Turn:

STYLING:

M: Step in LOD on L, pivoting on L sole to beg a 1/2 CW turn (ct 1); step on R about a ft length behind L, R toe near L heel so as to form a R angle (ct &); shift wt from R sole to R heel (ct 2); raise soles of both ft and turn 1/2 CW on both heels (ct &); set both soles on floor, having completed one turn CW (ct 3).

W: Beg R fwd, dance 3 small steps R,L,R keeping R in front of L, turning 1/2 CW (cts 1,&,2); a fairly long step on L in LOD, turning on sole another 1/2 CW to complete turn (ct 3). Movements are smooth and flowing.

MUSIC 3/4

PATTERN

Measures

INTRODUCTION Beg whenever desired

I. FORWARD STEP (försteg)

Any  
number

Turn upper body so that both face LOD. Beg ML, WR step fwd on flat ft in LOD, keeping outside ft pointed twd LOD (ct 1); drag MR, WL fwd quietly on floor, keeping inside ft flat and pointed twd ptr (ct 2); step on flat MR, WL with heels adjacent, keeping ft at R angles (ct 2).

II. POLSKA TURN (rundpolska)

Any  
number

Whenever desired, face ptr, keeping same arm and hand pos (hambo hold pos) and turn once CW per meas with the Medelpad Polska Turn step, progressing in LOD.

Each of the above figures is done as often and in any order as desired.