

### Frequently Used Positions

1. Polska position. M holds W with R arm around her waist, and L arm on her arm just below the shoulder. W holds M with L hand around his upper arm at the shoulder, and R arm around his arm below the shoulder, folding her R arm into his L arm.

2. Bakmes polska position: Same as # 1, but opposite in all details.

3. M's right hand around W's waist, and W's L hand around M's upper arm. M's L arm under W's arm, his L hand placed on her shoulder. W's R hand on M's shoulder, outside his L hand or arm. M's and W's forearms are vertical. This is a close position with bodies erect.

### Commonly Used Dance Steps

Always start on outside foot. M's steps are described below; W dances counterpart.

Druff step (2/4 meter): a common polka variant. Count 1-2-3-4 (1 measure). Long step on L (ct 1). Short step on R (ct 2). Long step on L (ct 3). Slight bend and lift on L (ct 4). Repeat, starting on R.

Basic schottis step (2/4 meter): Count 1-2-3-4 (1 measure). Step forward on L (ct 1). Draw R foot up to L (ct 2). Step forward on L (ct 3). Lift (don't hop) on L (ct 4). Repeat, starting on R.

Schottis omdansning (2/4 meter): Count 1-2-3-4 for one rotation (1 measure). R foot between partner's legs, turn CW on L sole (ct 1), come down on L heel (ct 2). Turn CW on R sole (ct 3), come down on R heel (ct 4). Repeat, starting on R.

Polska forestep (left forestep), (3/4 meter): Count 1-2-3 (1 measure). Short step forward on L (ct 1-2). Step on R, somewhat past L foot but with L sole remaining in place (ct 3).

the man and forward ... the first  
beat, and the reverse on the second. Although  
this dance has occurred in Meda, similar  
and similar variants are found in other  
countries.

MELLPARING (SCHOTTIS VARIANT) FRÅN STUGUN

Music: Bands A, 2, 7; B, 2, 6.

Positions: Forestep: Open shoulder-waist.  
Omdansning and resting figure: Position # 3.

Forestep: Walk 4 steps forward (2 measures). M leads  
W in front of him while each take 2 walking  
steps, so that he now faces LOD direction  
and she faces him (1 measure). Start  
omdansning, as below (1 measure).

Omdansning: Count 1-2-3-4 (1 measure = 1 rotation).  
M: L forward in LOD (ct 1). Turn  $\frac{1}{2}$  rotation  
on L sole, gathering R foot close to L foot  
(ct 2). R back in LOD (ct 3). Turn  $\frac{1}{2}$   
rotation in R heel, gathering L foot (ct 4).  
W: R behind L foot (ct 1). Light running  
steps on L-R-L to complete one rotation (cts 2-3-4)

Resting figure: Walking, 2 steps per measure, M forward  
in LOD, and W backward.

General Comments: After omdansning, couple may return to the  
forestep or do the resting figure. Typically,  
one would use the forestep only at the begin-  
ning of the dance, and not return to it. The  
name of the dance implies that it may have  
originated in the neighboring province of  
Medelpad, before it was developed in Jämtland.

Cebs

MUSIC FOR SWEDISH ETHNIC DANCES:

NORTHERN SWEDEN

Instruction Manual  
by Kenneth Seeman

The following are some of the dances that can be done to the music on the record, Music for Swedish Ethnic Dances: Northern Sweden. Other dances may be done to some of these melodies, just as other melodies may be appropriate to some of the dances. Except where indicated, the dances are entirely free-style, so that any figure may be done as often or as long as desired. Unless specified, the dances rotate CW and progress CCW.

Since it is the character of the steps that distinguish these dances, rather than the sequence of the figures, any description can be only approximate. A totally accurate description would be similar to describing, in print, a dialect of language. Accordingly, these notes are intended as refreshers for those who have already learned the dances, and not as instructions for those unfamiliar with them.

ABBREVIATIONS

- M - Man
- W - Woman
- L - Left
- R - Right
- ct - count
- CW - Clockwise
- CCW - Counter Clockwise
- LOD - Line of Direction

Note: "Omdansning" refers to any turning pattern by a couple in closed position.