

179-52

PARISARPOLKA (Norwegian)

**DIRECTIONS:** Norske Folkedansar by Klara Semb  
**MUSIC:** Norske tur og Folkedanser Vol. 1  
Aage Grimstad's Ensemble (Record or tape)  
**FORMATION:** Couples in a ring  
**STEPS:** Chasse, walking step, pivot.

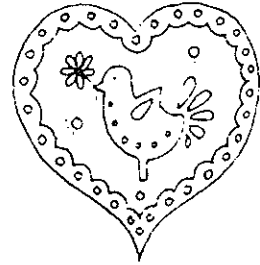


FIGURE 1 (Basic)

- 1-4 With inner hands joined shoulder high, walk 3 steps (CCW) beginning outer foot and point inner foot forward. Without releasing hands, turn towards partner and beginning with "pointing" foot (Right for Man, Left for Woman) walk 3 steps (CW) and point.
- 5-8 Turn to CCW direction and dance 2 chasse (open) steps beginning with outer foot. Then take closed position, both placing Right arms under partners and clasping shoulder blades and Left hands gripping partner's upper arm and make 2 complete turns in 4 spring pivot steps.
- 1-8 Repeat figure 1

FIGURE 2 ("Roll-away")

- 9-12 Join inner hands, begin with outer foot and walk 3 steps, turning away from partner and point inner foot while clapping hands or snapping finger. Repeat in CW direction 3 steps rolling away from partner and pointing toe.
- 13-16 Dance 2 chasse steps, side by side, but not holding inner hands. Take closed position and dance 4 pivot steps.
- 17-24 Repeat figure 2

FIGURE 3 ("Pancake Turn")

- 9-12 Join both hands, lifting outer arm first couples turn away from each other, 3 steps in CCW direction and touch inner foot (toe). Then lift inner arm and do pancake turn in CW direction, 3 steps and touch. Plus 2 chasse steps and 4 pivot steps.
- 17-24 Repeat figure 3

FIGURE 4

- 1-8 Starting position: Side by side, Lady stands to Man's Right, her back in LOD. With his Left hand in her Right and his Right hand holding her Left and raised above her head. Both walk CCW 3 steps and point. While woman turns CCW under her arm. Then the Man turns to face the Woman. They walk CW 3 steps and point while Woman turns CW under her uplifted arm.
- 1-8 Repeat figure 4

FIGURE 5

- 9-16 Join inner hands, Man walks 3 steps and points (or touch) inner foot while twirling Woman 3 steps CW once around. Take 3 steps and point (or touch) in CCW direction, while Man turns himself once CW under his Right arm. Man dances 2 chasse steps and turns Woman around twice.
- 9-16 Repeat figure 5

NOTE Depending on the recording, dance may end here or include music to dance figure 1 twice.