

FOLK DANCE FEDERATION OF CALIFORNIA DANCE RESEARCH COMMITTEE:
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Polska från Åmot
(Sweden)

Polska från Åmot (POHL-skah frohn OH-moht) is a polska variant from Åmot, Gästrickland. It was notated in 1976 by Benno Eriksson, Britt-Marie Rylander, and Tony Wrethling. Tommy and Ewa Englund presented it at the 1986 Scandia Festival (Berkeley) and at the 1991 University of the Pacific Folk Dance Camp.

CASSETTE: Englund Cassette - Stockton 1991 Side B/1; 3/4 meter
Bygdedansmusik RC 206 Side B/5.

FORMATION: Cpls in modified open ballroom pos facing in LOD (CCW). M R hand on W back above the waist and W L hand holding M upper R arm from the back, just below shldr. M L and W R hands joined palm to palm with fingers folded over ptr hand.

STEPS and STYLING: Försteg (FUR-stayg): Description for M; W use opp ftwk.
Step fwd on L ft, heel contacting the floor first followed by the full ft (cts 1-2): step fwd on R (ct 3). Step repeats exactly.

Polska: One meas completes one full turn CW while moving in LOD.

M: Beg a CW turn, step on L in front of W (ct 1); pivot CW on ball of L ft (ct 2); step on R twd LOD between ptr ft, placing heel down first and then taking full wt (ct 3). Step repeats exactly.

W: Beg a CW turn, step on R twd LOD between ptr ft, placing heel down first (ct 1); continue to pivot on ball of R ft (ct 2); step on L around ptr, pivoting to complete the CW turn (ct 3). Step repeats exactly.

Polska Hold: M R and W L hands are as in Försteg. M L hand hold W upper R arm; W R hand hold M upper L arm. Ptrs are standing very close.

Steps are smooth, even, and steady; the motion of the dancers is steady.

MUSIC	3/4 meter	PATTERN
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Measures

2 meas INTRODUCTION No action. (Other recordings may not have any Introduction.)

I. FÖRSTEG

Any Number Beg M L, W R dance fwd in LOD as many meas of Försteg as desired.

II. WOMAN TURNS

M initiates the start of this figure by raising joined hands high and releasing hold of R hand. W release L hand. Hold free hands (M R, W L) down at sides. M may mark the start of this figure by stamping L ft (with wt) on ct 1 of the first meas.

Any
Number M: Continue fwd with Försteg.
 W: On each meas make one CW turn: Step fwd on R (ct 1); pivot CW on R (ct 2); step on L completing the CW pivot (ct 3).

M may turn CCW for one or two meas just before Fig III (Polska). Keeping hands joined, M turn CCW using opp ftwk from W.

III. POLSKA TURN

M initiates the Polska Turn by lowering joined hands and taking polska pos with ptr.

Any
Number In polska pos dance as many Polska steps as desired, turning CW and progressing in LOD.

DANCE SEQUENCE: Each figure is dance as long as desired. The three figures are always danced in the sequence given.

The Englands usually danced the figures this long: Fig I - 2 to 4 meas;
Fig II - 3 to 5 meas; Fig III - 8 to 16 meas.

Description subject to revision before publication in "Let's Dance."

Presented by Jane and Frank Trippi
Heritage Festival Institute
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