

~~SNURRVALS FRÅN HEDE (Harjedalen)
Turning waltz from Hede~~

~~Couples in an open circle which moves CCW~~

~~MUSIC A rather slow waltz from Harjedalen (3/4meter) with even accents on all three beats of the measure.~~

~~POSITIONS During the introductory waltz steps: The man takes a hold of the woman's left hand from above with his right hand, and holds them shoulder high; the outside arms hang down.
During the individual turns: Arms hanging down.
During the turn as a couple: The man holds the woman's left hand with his right hand behind her back, and her right hand with his left hand behind his own back.~~

~~STEPS Waltz steps, the whole foot touching the floor, flexible knees. Equal accents on each beat of the measure.~~

~~THE DANCE I Introductory waltz steps: Both starting with the outside foot dance two waltz steps forward, turning naturally away from each other on the first measure and toward each other on the second measure. Individual turns: Taking two waltz steps individually, make one turn (the man CCW and the woman CW). The man starts with his left foot and the woman with her right foot.
II Introductory waltz steps. Make two individual turns (4 waltz steps).
III Introductory waltz steps. Make three individual turns (six waltz steps).
IV Turn as a couple: After the third individual turn, turn as a couple for an unlimited number of melody phrases. Turn either CW and/or CCW. Then start the dance from the beginning.~~

POLSKA FRÅN ARBRA (Halsingland)

Polska from Arbra

Couples in an open circle, which moves CCW. The dance consists of the introduction step, the turn as a couple and the resting part. The dance should be smooth and pompous.

MUSIC A slow polska from Halsingland played in 16th notes (3/4 meter). Count 1, 2, 3.

POSITIONS During the introduction step: Arm in arm, outside arms hanging. During the turn as a couple and the resting part: Polska position, but the man rests the side of the left hand, where the thumb is, on the woman's right lower arm near the elbow from below.

STEPS Introduction step: The man starts with left and the woman with right.

The turn: Main polska step for woman and man.

The resting part: Light walking steps, one step to a beat. The man starts with left and the woman with right foot.

THE DANCE The dance starts with an unlimited number of introduction steps and then shifts into the turn. According to desire the dance can shift into the resting part, where the man and the woman dance to the left of each other, the man usually faces LOD. The man indicates the transition to the turning steps by stamping his right foot on the beat just before the start of the turn.

POLSKA FRÅN ALFTA (Helsingland)
Polska from Alfsta

As Polska from Arbora, but with the following positions.

POSITIONS During the introduction step: The man puts his right arm around the woman's waist and the woman puts her left arm on the man's right upper arm, outside arms hanging.

During the turn as a couple and the resting part: Polska position.

SENPOLSKA FRÅN TORP (Medelpad)

Slow polska from Torp

Couples in an open circle, which moves CCW.

MUSIC Slow polska (3/4) meter from Medelpad played in 16th notes.

Count 1-and, 2-and, 3-and.

POSITIONS The whole dance is danced in polska position.

STEPS 1) Introduction step: During these steps the outside foot is kept pointed in the line of direction and the inside foot perpendicular to the outside foot. Both take one step in the line of direction with their outside foot (1). The inside foot is then brought forward, dragging along the floor, and is put down slightly in front of the outside foot (3).

2) The turn:

Woman: Take small steps in place, keeping the right foot in front of the left foot. On (1-and, 2) take small steps - right, left, right- while pivoting CW one half turn. On (3) take a long step backward with the left foot in the line of direction and then pivot on the ball of the left foot one more half turn. The right foot should at all times be in front of the left foot and between the man's feet.

Man: Use the main polska step, but the pivot on (2-and) should be done on both heels, and then on (3) put down the ball of both feet on the floor.

RINGLANDER FRÅN HEDE (Harjedalen)

Rheinlaender from Hede

The woman's turns under the man's arm show the influence of the Rheinlaender dances. However, the "clumsy" way of walk is typical for Hede.

MUSIC A schottische from Harjedalen, which should be quite slow.
Count 1-and, 2-and, 3-and, 4-and in each measure.

POSITIONS During the turns the man holds the woman's left hand with his right hand above her head. The outside arms hang down freely. During the turns as a couple the man holds the woman's left hand in his right hand, behind her back. the man places his right hand, and the woman places her left hand on the partner's shoulder. The man's arm is on the outside of the woman's arm.

STEPS Walking steps with flexed knees, starting on the outside foot. Put down the whole foot except for on (and-2) and on (and-4). On the (ands) the weight is on the ball of the feet.

THE DANCE Standing in front of the man, to the right, the woman turns CW under her arm for four measures and CCW for four measures. One complete turn for each measure. On the last measure the man also turns CW under his arm. Then turns as a couple (CWorCCW) during a free number of measures. The turns under the arm and the turns as a couple can be alternated according to desire.