



POLSKA FRÅN JÄRVSÖ

Polska from Järvsö (Hälsingland) *Sweden*

Couples dance in an open circle which moves CCW. The dance consists of the introduction step, the turn as a couple, and the resting part, all done with flexed knees.

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

RECORD: Regional Folkdances from Sweden. Viking SMF 200.

POSITIONS: During the introduction step: The man puts his right arm around the woman's waist. The woman grips the man's upper arm with her left hand. The man's left and the woman's right hand touch insides with the fingers wrapped around the outside of the partner's hand. The man's hand is turned up. During the turn as a couple: Polska position, but the man's left hand is resting on the inside of the woman's elbow. During the resting part: The same position as during the introduction step except that the man "pulls" the handhold close to him so that the woman's right arm rests on the man's chest.

THE STEPS

Introduction steps: man left, woman right.

The turn: Main polska step for woman and man, knees flexed on all three beats.

The resting part: Running steps with flexed knees and the whole foot placed on the floor. One step to a beat. The man starts with his left foot and the woman with her right foot.

THE DANCE

The dance starts with an unlimited number of introduction steps and then shifts into the turn. According to desire the couple can shift into the resting part where the man and the woman face each other. The woman has her back to the line of direction in this resting part.

Presented by Per and Margarete Jennische.



Carl Johan, king of Sweden. Wall painting by Gack Erik Andersson, 1831, Dalarna

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STEPS

Introduction Steps (Sw. forsteg).

3/4 meter. Count 1, 2, 3 for each measure.

Left: Take one step forward on left foot (1); toward the end of (2) lift right foot and bring it forward slightly past the left foot and put it down on (3).

Right: Same steps as above with opposite footwork.

Main Polska Step.

3/4 meter. In each measure count 1-and, 2-and, 3-and. The step is danced clockwise (CW).

Man: Take one step forward with the left foot, crossing it over the right (1). During a pivot on the ball of the left foot the right foot is brought backward in the line of direction (and), and is put down a foot's length behind the left foot (2). Then pivot simultaneously on the ball of the left foot and the heel of the right foot (and). On (3) the ball of the right foot is put down on the floor and the weight is shifted onto the right leg. On (and) the left foot is once again brought forward and is put down again in front of the right foot on (1), etc.

Woman: With the weight on the left foot place the ball of the right foot by the left heel (1). On (2) take one step forward with the right foot, placing it between the man's feet. Pivot on the ball of the right foot at the same time as the left foot is brought forward (and), making it a big step which is finally put down on (3). During the pivot on the ball of the left foot, the right foot is brought backward, making a little half circle (and), and the ball of the foot is placed by the left heel, etc.

The Schottische Step.

4/4 meter (the music is sometimes written in 2/4 meter). Count 1, 2, 3, 4 in each measure.

Left: One step forward with the left foot (1), right foot is put down close to the left foot (2), one step forward with the left foot (3), hop on the left foot (4).

This is usually followed by a "right" schottische step which has the same pattern, but with opposite footwork.

POSITIONS

Polska Position (Sw. polskefattning).

The man puts his right hand on the woman's waist and grips the woman's right upper arm with his left hand. The woman puts her left hand on the man's right upper arm and her right hand on the man's left upper arm (the woman's right arm is on the inside of the man's arm). Man and woman stand to the left of each other.

Reversed Polska Position (Sw. liksidig fattning).

Mirror image of the polska position. Woman and man stand slightly to the right of each other.

Equilateral Position (Sw. liksidig fattning).

The man puts his right hand on the woman's waist and his left hand on her right upper arm. The woman places her hands in the same manner. Man and woman stand slightly to the left of each other.

Reversed Equilateral Position (Sw. omvand liksidig fattning).

Mirror image of the equilateral position. Man and woman stand slightly to the right of each other.

Waltz Position.

The man puts his right arm on the woman's waist, and the woman puts her left hand on the man's right upper arm. The woman places her right hand in the man's left hand, which is turned facing up (the inside of their hands touch). The arms are somewhat held out shoulder high.

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