

POLSKA MED BAKMES FRÅN OVIKEN (GAMMALVÄNSTER)

Music: Band B, 1, 3.

Positions: Forestep: Open shoulder-waist.
Polska: Polska position.
Bakmes: Bakmes polska position.

Forestep: Begin on outer foot.

Polska step: Count 1-2-3 (1 measure = 1 rotation).
M: Step on L foot, turned toward the right,
and begin turning (ct 1). Place R heel a
foot-length behind the L foot (ct 2).
Turn on R heel and L sole (ct 3).
W: See Polska från Kall.

Bakmes: Count 1-2-3-4-5-6 (2 measures = 1 rotation).
M dances 1-2-3 while W dances 4-5-6. Short
step forward on R (ct 1). Longer step forward
on L (ct 2). Longer step forward on R (ct 3).
Place L foot about $\frac{1}{2}$ foot-length away from and
somewhat behind R foot (ct 4-5). Turn on both
heels (ct 6). Weight on L foot just after ct 6.

Transition to bakmes: Count 1-2-3 (1 measure).
M: 4 alternatives:
1. Step L-R-L in place (ct 1-2-3).
2. Stand in place, no longer holding W (ct 1).
Clap hands (ct 2). Leap from the R foot,
coming down on L, while slapping outside of
R heel with R hand (ct 3).
3. Cartwheel, L hand touching the ground first,
while W walks along in LOD.
4. Step L (ct 1). Jump, kicking heels together
(ct 2). Come down on L (ct 3).
W: Step R-L-R (ct 1-2-3), in place, except when
M does alternative # 3, above.

Resting figure: Polkett steps, consisting of even, flat-footed,
soft kneed steps, one per beat, turning CW,
1 rotation per 2 measures.

General Comments: See comments regarding bakmes under Polska
med Bakmes från Kall. This entire dance is
essentially another regional variant of a
Jämtland-type polska. The forestep occurs
at the opening of the dance only. Between
polska turns, if the couple were not going into
a bakmes, the resting figure would be used.

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.

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).