

SPRING POLS
NORWEGIAN

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SOURCE: THIS DANCE IS AN OUTGROWTH OF THE VERY DIFFICULT POLSDANS (POLISH DANCE) WHICH IS RELATED TO SPRINGAR. IN THE EARLY 1800'S AND BEFORE, THE PAIR OR COUPLE DANCES FROM EUROPE WERE INTRODUCED INTO NORWAY. POLISH DANCES WERE ESPECIALLY POPULAR AT THIS TIME. THE WORD POLS IN THIS DANCE REFERS TO THE POLISH DANCE AND THE WORD SPRING TO SPRINGAR, A PARTICULAR TYPE, AS TO RHYTHM AND FORM, OF NORWEGIAN FOLK DANCE.

MUSIC: SPRING POLS - FOLK DANCE SPECIALTIES S-278. NOTE: NORWEGIANS WARN DANCERS NOT TO DANCE SPRING POLS TO HANBO MUSIC. IT IS NOT A HANBO.

FORMATION: (A) COUPLES IN A CIRCLE, PARTNERS FACING. INSIDE HANDS ARE JOINED AND STRETCHED BKWD SLIGHTLY ABOVE SHOULDER HEIGHT.

(B) POSITION FOR TURNING (ROUND POLS) IS AS FOLLOWS: PARTNERS FACE EACH OTHER, R ARM IS PASSED UNDER PARTNER'S L ARM, R HAND IS PLACED ON PARTNER'S L SHOULDER BLADE. THE L HAND GRASPS PARTNER'S R UPPER ARM.

STEPS: RUNNING, DAL STEP, POLS STEP. THE LATTER IS DESCRIBED AS FOLLOWS:

FOR M. TAKE A SHORT, STRONG STEP FWD WITH R FT TURNING TO THE R (CT 1). STEP FWD AND AROUND PARTNER WITH L FT (TOE) STILL TURNING R (CT 2). BRING R TOE BESIDE L FT BENDING THE KNEES A LITTLE AND LOWERING THE HEELS (CT 3). THE KNEES ARE STRAIGHTENED QUICKLY AS HE STEPS FWD ON R FT TO REPEAT THE STEP. ONE COMPLETE TURN R IS MADE ON ONE POLS STEP. SEE *

FOR W. HER STEP IS THE SAME AS THE M'S BUT STARTS WITH THE STEP HE TAKES ON CT 2. SHE STEPS BKWD A SHORT STEP ON L FT TURNING R (CT 1). BRINGS R TOE BESIDE L FT BENDING THE KNEES A LITTLE AND LOWERING HEELS (CT 2). TAKES A SHORT STEP FWD ON R FT (CT 3). IT WILL BE NOTED THAT HE BRINGS FEET TOGETHER ON CT 3 WHILE SHE DOES THE SAME ON CT 2.

THIS STEP IS ALSO LABELED SPRINGAR STEP NO. 1.

MUSIC IS 3/4 - M STEPS DESCRIBED, W OPPOSITE UNLESS SPECIFIED.

MEAS. I. RUNNING STEPS AND ROUND POLS

- 1-2 (A) MOVING FWD LOD AND SWINGING JOINED HANDS FWD TAKE 5 RUNNING STEPS, STARTING WITH OUTSIDE FT. BRING R FT TO L (NO WEIGHT) ON 6TH CT (3RD BEAT OF SECOND MEAS) AND FACE PARTNER.
- 3-7 (B) IN HOLD FOR ROUND POLS TURN WITH POLS STEP (5 FOR W).
- 8 CHANGE ARM HOLD TO JOINED HANDS. M LEAPS ONTO R WITH A STAMP, W LEAPS ON TO L (CT 1). M LANDS IN STRIDE POS., W WITH FEET TOGETHER (CT 2). FINISH WITH JOINED HANDS RAISED SDWD SHOULDER LEVEL (CT 3).

II. DAL STEPS, RUNS AND ROUND POLS

- 9-10 (A) IN POSITION FOR (A) OF FIG. 1. TAKE 2 DAL STEPS FWD, SWINGING JOINED HANDS FWD.
- 11 TAKE 3 RUNS FWD AND IMMEDIATELY TAKE GRASP FOR ROUND POLS.
- 12-15 (B) TURN CW AS BEFORE PROGRESSING LOD, M TAKING 4 FULL POLS STEPS.
- 16 FINISH WITH M SWINGING W TO HER POSITION ON THE OUTSIDE OF THE CIRCLE FACING HIM, INSIDE HANDS JOINED AND SWUNG BKWD.

III.

- 1 (A) SWINGING JOINED HANDS BKWD AND FWD, SLIDE INSIDE FT FWD (CT 1). LET GO HANDS TURNING AWAY ON BALL OF INSIDE FT (CT 2) AND FINISH BY HOPPING FWD AT THE END OF THE TURN, STILL ON INSIDE FT (CT 3).
- 2 TAKE 2 RUNS FWD LOD (CTS 1,2) FACE PARTNER WITH FEET TOGETHER AND GRASP FOR ROUND POLS (CT 3)
- 3-8 (B) REPEAT ACTION OF FIGURE 1 (C) MEASURES 3-8.

• RHYTHM OF POLS STEP:

				
MAN'S STEP	3/4	R	L	JOIN R
WOMEN'S STEP	3/4	L	JOIN R	R

PRESENTED BY LUCILE CZARNOWSKI

"FOLK DANCE IS THE HERITAGE OF SOME RACIAL GROUP - - YOU ARE THEIR GUEST WHEN YOU DANCE THEIR DANCES."