

Springpolska från Bingsjö

Progression: The dance progresses LOD/CCW around the dance space while couples take 2 meas. to make one CW turn.

Dance Holds: **Försteg**/introductory step: Couples facing LOD in open position, inside arms hold shoulder, shoulder-blade, outside arms hang at their side.

Springpolska same as for polska except that ptrs are shifted so that their R hips are adjacent and step around each other rather than between each others legs.

Character: Light and slightly bouncy. It is a walking dance with a small svikt on each step. One steps forward, heel through the whole foot to the toe for most of the steps in this dance.

The Dance

Försteg: M & W Step L feet ct. 1, R feet ct. 3 while continuously transferring weight forward, smoothly.

Counts	1	+	2	+	3	+
M	L		Body continues fwd movement		R	Fwd mvmt.
W	L		Body continues fwd movement		R	Fwd mvmt.

Beginning the springpolska: M goes directly into the springpolska with 3 short steps, L, R, L, cts 1, 2, 3. making a half circle () to the outside of his ptr. W continues with one more försteg. Cpl. assumes the polska hold with R hips adjacent.

Counts	1	+	2	+	3	+
M	L		R		L	
W	R		Body continues forward movement		L	

Springpolska: Take 6 short steps in 2 meas. to make one complete CW turn. Make 1/2 CW turn in the first 3 steps moving fwd & around ptr. M step behind on ct 4 only, then fwd on 5, 6. W's turn begins & ends one meas. later M's. Note: This is an illustration of a complete 2 meas. sequence, not the first or last meas.

Counts	1	+	2	+	3	+
M	L fwd	& around ptr	R fwd	& around ptr	L	& around ptr
W	R behind L		L fwd	& around ptr	R	& around ptr
Counts	4	+	5	+	6	+
M	R behind L		L fwd	& around ptr	R	& around ptr
W	L fwd	& around ptr	R fwd	& around ptr	L	& around ptr

Dance Sequence: The M can begin the springpolska as he chooses, though usually it is on an odd numbered measure. W begins one meas. later, after completing one more meas. of försteg. W finishes one meas. later opening out as M dances a meas. of försteg.