

"STORPOLSKA" FRÅN VEMDALEN

Music: Band B, 1, 3.

Positions: M's R arm around W's back; her L hand on his R shoulder M takes L's R hand with his L hand, and places both hands at his L waist. The dancers are positioned directly opposite each other. This position is maintained through the entire dance except that shoulder-waist position is used for the lift, and arms are hanging when the dancers turn by themselves.

Forestep: Start on L for M, and R for woman.

Polska step: Count 1-2-3 (1 measure = 1 rotation).
M: Step L, foot turned slightly toward the right, and start to turn (ct 1). Place R foot a foot-length behind L (ct 2). Turn on both soles, never coming back down on heels (2-and, 3). Optional: slap outside of L foot on 3, occasionally.
W: Step R, starting with heel, until whole foot is on the floor, and start turning. Step L (3).

Optional during polska step:

1. M can lift his partner on the last measure of a phrase.
2. Each dancer can turn outward, stepping on 1 and 3, immediately resuming the polska in the next measure.

Polkett: Only done CW. Even but very springy steps on each beat, with soft knees and the whole foot on the floor. 2 measures = 1 rotation.

Bakmes: M: Similar to Bakmes från Kall. Optional: slap outside of R foot on 2.
W: Similar to Bakmes från Kall, except that the anticipatory step on R on 6-and is omitted.

Transition to bakmes: After a L polkett step for M or R for woman, typically, on the first measure of a phrase, the bakmes can begin.

General Comments: A typical order might be forestep-polska-polkett-bakmes. The polkett might be used as a resting figure between dancing of the polska step. In the polska, there is a sweep upward on ct 2. A liberal amount of stamping and slapping is characteristic.

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).