

Presented by Dave Rosenberg

BAK MÄS

Finnish

- SOURCE:** Learned from Sirkka Viitanen and Jussi and Hilikka Williams, Helsinki, Finland.
- RECORD:** Decca SD 4015 "Säkkijärven Polkka" (slowed down a bit). The dance can be done to other Finnish polkas of similar tempo.
- FORMATION:** Couples in a circle. Girl stands at right of boy, her left hand on his right shoulder; his right arm around her waist. Dance can be done anywhere on the dance floor, but all couples must move around the room counterclockwise.

Music 4/4

Pattern

PART I. WALKING FORWARD

In above position, start on outside feet and walk forward around the room. The walk is with a slightly flexed knee, and casual heel scuffing once in a while in is order. Hands may hang freely at the sides, or the hands may make a fist on the hips; hand position is optional.

Walk for sixteen steps (eight measures). In Finland, the two parts of this dance may be done as long as desired, with changes made when the boy so decides. For teaching purposes, it is best, however, to do each part for eight measures.

PART II. TURNING *"MOTSOL" (couples turn *counterclockwise)

Take regular dance position, with joined hands held at shoulder level or slightly lower and arms held firmly. Don't be too close to partner.

Boy's Step: Take a little jump onto both feet, bending knees. Then take three small quick steps--left, right, left. Then leap onto the right foot (leaping toward the right). The jump onto both feet is done in place; the three steps are very small; the leap onto right foot is a big step.

Girl's Step: The girl does exactly the same thing, but she begins the step at a different place and does it at a different time in the music. Girl begins with the three small steps--left, right, left, leaps to the right, and then jumps on both feet.

Do this step four times (remembering that in Finland, each part is done as long as desired-- and you can too when you've gotten the knack of it). On the very first jump, the boy should land on both feet with a good loud stamp!