

Bakmes från Transtrand

Western Dalarna, Sweden

Origin: Several people born in the late 19th century, who had all danced the bakmes as well as other dances in their youth, shared information about the bakmes.

The bakmes was documented by Johan Larsson, and Ingvar Norman in 1950 and 1965.

Music: Polska-springlek from Lima-Transtrand

Position: Couples moving CCW in a ring.

Holds: A M's R hand on W's waist
W hold M's upper arm with her L hand
Outer arms hanging.
B Reverse polska Hold

Step: A Forsteg(foreststep) : L(1) , R(3)
B Bakmes (backward turn):
M: L forward(1), R forward (3), L behind R(4), R forward(6)
W: Same as M, but begin with (4)

Sequence: Forsteg : Hold A
Bakmes: Hold B

Execution: Sequence between bakmes and resting step is generally repeated. Resting (viltur) step is used between bakmes segments—Maintain hold, step on 1 and 3, M facing LOD, W dancing backwards.