

Presented by Gordon Tracie

BINGSJÖ POLSKA
Sweden

The dance is also known as Polska från Bingsjö. It is a restored regional ethnic dance done in the province of Dalarna, district of Bingsjö. It was learned in Sweden in 1970 by Gordon Tracie.

PRONUNCIATION: Bing-sjoe polska

RECORD:

RHYTHM: Triple meter; semiquaver (16th note) polska rhythm; moderate tempo.

FORMATION: Cpls in a circle (W on M's R) facing and moving LOD (CCW) in semi-closed (see below) pos.

STYLE: Very smooth, legato, relatively restrained; free form.

METER: 3/4

PATTERN

NOTE: The following parts are not figures in the regular sense, but merely two dance positions and three sets of steps which can be used at will, with no fixed number of meas for each.

PART A: OPEN POLSKA FWD ("FÖRSTEG")

Semi-closed hold as here described: M's R arm around W's waist; W's L hand on M's R shldr L fingers over and L thumb under W's R fingers. Elbows kept fairly low.

Beginning on outside ft, cpls move fwd in LOD with open polska steps (2 are sufficient).

PART B: CLOSED POLSKA TURN ("RUNDPOLSKA")

Whenever desired, cpls assume basic polska hold (but with M's L hand far up on W's R upperarm), and turn CW with full turn polska steps. May take a gentle stamp on L on 1st ct of 1st meas of turn if he wishes. Observe the following on the polska turn:

- M: Ct 1: Reach L leg around CW to take 1st st on L;
Ct 2: Turn CW on R heel (both ft now on floor);
Ct 3: Complete full pivot by turning on L sole and R heel (which points LOD). Note: Do not lift R from floor.
- W: Ct 1: Hold with wt on both ft.
Ct 2: Step R between M's ft.
Ct 3: Step on L (relatively long step).

NOTE: Steps must be well controlled, so that turn is extremely smooth without any bounce or emphasis on one ct over the other two.

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PART C: CLOSED WALK-AROUND TURN ("SPRINGPOLSKA")

Retaining closed hold as above, cpls turn 1 turn CW with each set of 6 walking steps, in the following manner:

- M: Ct 1: Step L fwd and to R.
Ct 2: Step R short to R, R heel by L toe between ptrs ft.
Ct 3: Step L with L toe pointing to R.
Ct 4: Step R behind L heel.
Ct 5: Step L a bit to L of R.
Ct 6: Step R fwd into LOD, between ptrs ft.

W: Same ftwk as above, but W start 1st step on M's ct 4.

Repeat until end of music.