

# Hyfs

(Föllinge, Sweden)

Hyfs is a polka variant. Ernst grip with Beret Bertilsdotter introduced it in Sweden and the U.S. This description is based on classes with Beret and Göran Olsson.

Pronunciation:

Music: Any polka melody, preferable from Föllinge, Jämtland. 2/4 meter

Formation: Cpls in closed pos progressing CCW around the dance space.

Holds: Polska hold for CW turning and reverse polska hold for CCW turning. Ptrs dance with R hips adjacent, side by side, for CW and L hips adjacent for CCW turning.

Meas Cts

Pattern

BAKMES: CW and CCW stegvals type step, stepping on each beat, taking 2 meas to make one complete CW or CCW turn. Kall bakmes described for the M, W begins with the 2nd meas.

& Make a short step with the R using the whole ft.  
 1 1 Step slightly fwd on L and CCW around ptr.  
 2 Step around ptr with R.  
 & Pivot CCW on R sold.  
 2 3 Wt on both with the L behind R, your back is to LOD.  
 & Pivot CCW on both heels.  
 4 Complete the turn to face LOD ending with both ft flat on the ground.

Bakmes cues:

Cts	&	1	&	2	&	3	&	4
M	R	L		R	pivot	both	heels	around
W	pivot	both	heels	around	R	L		R

FRAMMES: CW 2-meas turn. Again, the W begin on the second meas.

& Make a short step with the L using the whole ft.  
 1 1 Step on R slightly fwd and CW around ptr.  
 2 Step CW around ptr with L.  
 & Pivot CW on L sole.  
 2 3 Wt on both with the R behind the L, your back is to LOD.  
 & Pivot CW on both heels.  
 4 Complete the turn to face LOD ending with both ft flat on the ground.

Bakmes cues:

Cts	&	1	&	2	&	3	&	4
M	L	R		L	pivot	both	heels	around
W	pivot	both	heels	around	L	R		L

Dance Sequence: Dance each segment for a phrase (usually 8 meas) of music as follows. CW stegvals; CCW stegvals; then CCW Kall bakmes; and finally CW frammes.

Presented by Roo Lester