

Jämtpolska från Ramsele

(Ångermanland, Sweden)

Inger and Göran Karlholm described and documented this dance in Ramsele on July 3, 1971. They learned the dance from Elvina Vik, born in Ramsele in 1901, and Folke Nygren, born in Ramsele in 1893. Nygren learned the bakmes from Sara Vallberg. The Karlholm's introduced this dance to their local dance community as well as to members of the national youth organization that supports folk dance, Svenska Ungdomsringen for Bygdekultur. They introduced the dance in the USA at Scandia Camp Mendocino in 1983. Kenneth Seaman was the first to translate the dance description to English in 1983. Jämtpolska remains in the active repertoire of many of the groups in the United States Scandinavian Dance Community. The Karlholm's have returned to the USA numerous times teaching many of the dances they researched.

Pronunciation: YEMT-pohl-skah frohn Rahm-sehl-leh

Försteg: FUHR-stehg

Viltur: VEEL-toor

Bakmes: BAWK-mehss

Polska: POHL-skah

Music: "8th note polska," special melody on Jonssonlinjen CD 3/4 meter

Formation: The dance progresses CCW (LOD) around the dance space while couples turn CW and CCW.

Steps and Styling: Couples dance close to one another with fluid movements, moving as a unit.

Open position: Inside arms hold shldr, shldr-blade, free arms hang at side.

Polska hold: M puts his R arm around W's L side with his R hand (the heel of his hand) on her upper back. M's L hand hooks (usually from below) onto W's R upper arm with his L arm bent at about a 90-degree angle. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shldr blade or hooked on his R upper arm or on his R shldr. W's R arm bent in a 90-degree angle, inside the M's L arm and holding his L upper arm with her R hand hooked. W's R elbow is in contact with M's forearm. Ptr's upper body is slightly to the R of your upper body. R ft between ptr's ft.

Bakmes: CCW turn taking 2 meas to complete: Maintain polska hold and position as much as possible, shifting only legs so that they are outside of ptr's and slightly to the R.

Svikt: The amount of down and up depends on the music & tempo, dance dialect, and dancing with your partner. There is a dip on ct 1 in the polska.

Försteg: Usually danced for 1-4 meas. Progressing LOD, step on outside ft (ct 1); step on inside ft (ct. 3).

Cts	1	&	2	&	3	&
<u>M</u>	L fwd				R fwd	
<u>W</u>	R fwd				L fwd	

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Polska: Usually danced for 4-8 meas or longer. Make one full CW turn per meas. Begin each meas with the same ft.

M: Slide L, slide R bkwd ending with wt on both, pivot L ball, R heel.

W: B R heel to whole foot L. W dip ct. 1.

Cts	1	&	2	&	3	&
<u>M</u>	Slide L ft fwd and out from ctr	Pivot L sole, beg slide R bkwd	Continue sliding R in LOD	Pivot L ball & R heel	Wt on both feet	Pivot R sole/ball
<u>W</u>	Both, w/R behind at L instep	Pivot L sole/ball	R fwd in LOD & btw ptr's ft	Pivot R sole/ball	L sole	Pivot L sole/ball

Viltur or Försteg: rest steps in LOD. The cpl remains in closed position, M dance facing LOD. The same steps as försteg, in closed position.

Cts	1	&	2	&	3	&
<u>M</u>	L fwd				R fwd	
<u>W</u>	R bkwd				L bkwd	

Transition: M leads W slightly to his L, attempting to remain in closed polska position but allowing their ft to move to the R of ptr. M begins Bakmes while W uses one more meas of Viltur before beginning Bakmes.

Cts	1	&	2	&	3	&
Meas 1						
<u>M</u>	L fwd				R	Hop on R
<u>W</u>	R bkwd				L bkwd	
Meas 2						
<u>M</u>	L fwd				R around	Hop on R
<u>W</u>	R bkwd				Wt on R, touch L, no wt	Hop on R
Meas 3						
<u>M</u>	L bkwd. Behind R				R	Hop on R
<u>W</u>	L fwd				R	Hop on R

Jämtpolska från Ramsele—continued

Bakmes: M begins facing fwd in LOD. W faces ptr and RLOD. It takes two meas to make a complete CCW turn. M hops on R (ct &1); steps fwd L (ct 1); steps around on R (ct 3); hops on R (ct 3&); stepping L bkwd behind R (ct 4); stepping R (ct 6). W dances the same steps as the M beginning one meas later. The change in the way the cts are written below is to emphasize the timing of the hop.

Cts	&	1	&	2	&	3	&	4	&	5	&	6
<u>M</u>	Hop R	L fwd				R	Hop R	L bkwd				R
<u>W</u>	Hop R	L bkwd				R	Hop R	L fwd				R

Transition from Bakmes to Polska: Usually this is done at the beginning of a phrase of music. M dances one meas Polska with approximately 1/2 cpl turn, usually beginning facing the center of the dance space. End this meas with M facing LOD or out of the dance space.

Dance Sequence: Begin with Försteg, dance Polska, Viltur, Bakmes, and continue the dance alternating between Polska, Viltur, and Bakmes.

Note: Use every opportunity to pivot turn to make the dance flow smoothly. Cushion the movements by using all parts from the hips down as shock absorbers.

Presented by Roo Lester