

PARISARPOLKA (PARISIAN POLKA) (Norway)

The Parisarpolka (pah-rees-ahr polka), Parisian Polka, is a traditional couple dance from Norway. It is general throughout Norway. With the typical fwd-and-back action common to so many Norwegian dances (examples: Reinlendar, Feiar), this dance is the likely ancestor to the so-called Scandinavian Polka, well known in many parts of the United States. Technically it is not a true polka, since no polka step is employed. The Norwegian folk dance manual "Norske Folkedansar" recognizes five distinct figures to Parisarpolka, all of which are used, in consecutive order, for folk dance exhibitions. However, Parisarpolka has also found its way into the old time dance tradition where, throughout Norway, it is done more or less free style. Inasmuch as the music on the record, as recorded in Oslo, precisely fits the dancing of three figures, four times through, a trio of the most common variations of the dance, corresponding to the first three figures given in the textbook, is that described here.

Source: As observed and danced in various parts of Norway by Gordon E. Tracie, and taught at Skandia Folkdance Club, Seattle. Described (with 2 additional figures) in "Norske Folkedanser," Vol II, Oslo, 1952.

Record: Aqua Viking V301B

Formation: For any number of cpls. Open with single hand joined, closed shoulder-waist, or modified. Footwork is opp throughout.

Steps: Walking step, Open Two-step, Pivot

Styling: Relaxed, with freedom of movement, "springy" but quiet footwork.

Measures
(2/4)

I.

a. Fwd and Back (With Hands Joined):

1 - 2 Cpls facing fwd LOD, inside hands joined, beg on outside ft, 3 springy walking steps fwd, followed by rest on outside ft while touching toe of inside ft across.

3 - 4 Without changing hand hold, a half turn to face RLOD, and beg on inside ft (the one just "touched"), 3 springy walking steps RLOD, followed by rest and touch as above, but on opp ft.
b. Two-step Fwd (With Hands Joined) and Pivot Turn:

5 - 6 Keeping same hand hold, a half turn to face ptr, and beg on outside ft, 2 open two-steps fwd LOD.

7 - 8 Joining ptr in closed pos, 2 CW turns with 4 pivot steps, progressing fwd in LOD.

1 - 8 Repeat the action of meas 1-8 (Fig I).

Continued...

PARISAR POLKA (PARISIAN POLKA) (CONT.)

<u>Measures</u>	<u>Pattern</u>
	II.
1 - 2	a. Fwd and Back (With Individual Turns, No Hands Joined): Releasing closed pos to allow arms to swing free, beg on outside ft, 3 pivot steps turning away from ptr (M CCW, W CW) while progressing fwd LOD, followed by touch of toe as in (a) Fig I at the same time snapping fingers, clapping hands, or raising arms--naturally, spontaneously--on last ct.
3 - 4	A half turn to face RLOD, and beg on other ft, 3 pivot steps to turn away from ptr in opp direction (M CW, W CCW), while progressing RLOD, followed by toe touch and gestures as in meas 1-2 above.
5 - 6	b. Two-step Fwd (No Hands Joined) and Pivot Turn: Same action as (b) Fig I, except that no hands are joined: 2 two-steps fwd LOD.
7 - 8	Repeat action of (b) Fig I, closed pos, CW turn with 4 pivot steps.
1 - 8	Repeat the action of meas 1-8 (Fig II).
	III.
1 - 2	a. Fwd and Back (With Two-hand "Pancake"- Turn): With both hands joined with ptr, lift outer arms up somewhat, but not outstretched, and make fwd (M CCW, W CW) pancake-turn (occasionally referred to in square dancing as "dishrag turn"), taking 3 steps beg on outside ft, followed by touch on inside ft.
3 - 4	Lift inner arms in similar manner and make reverse pancake-turn (M CW, W CCW) in opp direction, followed by toe touch as above.
5 - 8	b. Two-step Fwd (With Hands Joined) and Pivot: Repeat action of (b) Fig I: 2 open two-steps fwd LOD, followed by closed pos CW turn with 4 pivot steps.
1 - 8	Repeat the action of meas 1-8 (Fig III).

Repeat the dance in the above order as many times as the music allows.

Presented by: Gordon E. Tracie