

POLSKA FRÅN JÄRVSO (Hälsingland)
Polska from Jarvso

Couples dance in an open circle which moves CCW. The dance consists of the introduction step, the turn as a couple and the resting part. All done with flexed knees.

MUSIC A slow polska from Hälsingland played in 16th notes (3/4 meter).
Count 1, 2, 3.

POSITIONS During the introduction step: The man puts his right arm around the woman's waist. The woman grips the man's upper arm with her left hand. The man's left and the woman's right hand touch insides with the fingers wrapped around the outside of the partner's hand. The man's hand is turned up.
During the turn as a couple: Polska position, but the man's left hand resting on the inside of the woman's elbow.
During the resting part: Same position as during the introduction step except that the man "pulls" the hand hold close to him so that the woman's right arm rests on the man's chest.

STEPS Introduction steps - man left, woman right.
The turn: Main polska step for woman and man, knees flexed on all three beats.
The resting part: Running steps with flexed knees and placing the whole foot on the floor. One step to a beat. The man starts with his left foot and the woman with her right foot.

THE DANCE The dance starts with an unlimited number of introduction steps and then shifts into the turn. According to desire the couple can shift into the resting part where the man and the woman face each other. The woman has her back to the line of direction in this resting part.

~~SCHOTTIS FRÅN VIKSTA, "TYSKA POLSKAN" (Uppland)
Schottisch from Viksta, called "German polska"~~

~~Couples stand in an open circle which is moving CCW. The turn as a couple is CW.~~

~~MUSIC A slow schottische (4/4 meter). Count 1, 2, 3, 4.~~

~~POSITIONS Waltz position.~~

~~STEPS: Schottische steps, step-hops kept close to the ground.~~

~~THE DANCE The couple dances two schottische steps at which time the man leads the woman in and out of the circle in front of him (measures 1-2). Then they make one turn as a couple using two step-hops (measure 3). In the fourth measure they make one turn, as the woman jumps up in the air receiving support from the man's left hand (1) and then lands feet together with two bounces (3,4). The woman exits up with her back to the line of direction. While the woman jumps the man puts down his left foot on (1), rests on (2), on (3) takes a short step forward a stamp with his right foot and rests on (4).~~