

POLSKA MED BAKMES
Polska & bakmes från Transtrand
 Sweden

This is a restored regional ethnic dance from the province of Dalarna, in the Western area, specifically Transtrand. It was researched in Sweden from 1951 on, by Gordon Tracie.

PRONUNCIATION: Pohl-ska meh' Bawk-mehs

RECORD: Viking V 821-a (45)

RHYTHM: Triple meter; quaver (8th note) polska rhythm; moderately slow to moderately fast tempo; temperament varying to musical style being played.

FORMATION: Cpls in a circle (W on M's R), facing and moving in LOD (CCW) in open polska pos (see Preface)

STYLE: Legato; restrained and smooth, or animated, depending on tempo and temperament of music being played; free form.

METER: 3/4

PATTERN

NOTE: This dance is but a combination of a Gammal Polska in Västerdalsk (Western Dalarna) style, and the Västerdalsk bakmes. The open promenade serves as a rest-step between the two different forms of turning. Since the dance is essentially free form, the order in which the parts are danced is not fixed; however, the following sequence is a logical one, well suited for learning the overall idiom of traditional Western Dalarna dancing. It will be noted that the W's open promenade step begins with the outside (R) ft throughout, rather than with her L on the promenade preceding the "bakmes" turn, as in Västerdalsk bakmes proper. This is a great convenience for the W, and requires only a simple transition step fore and aft, which is described below.

PART A: OPEN POLSKA FWD (FORSTEG)

Any number of meas, as described for Gammal polska

PART B: CLOSED POLSKA TURN (RUNDPOLSKA)

Any number of meas, as described for Gammal polska.

PART C: OPEN POLSKA FWD

Any number of meas, as in promenade above, but preferably concluding just before the last meas of the musical phrase.

PART D: TRANSITION TO REVERSE-HALFTURN POLSKA

M's Step: As described for Västerdalsk bakmes

W's Step: Cts 1,2,3: Step RLR while releasing shldr-waist pos and crossing in front of M to take reverse-sidecar polska pos.

PART E: REVERSE-HALFTURN POLSKA (BAKMES)

Any number of meas, as described for Västerdalsk.

PART F: TRANSITION TO OPEN POLSKA FWD:

Preferably on last meas of musical phrase.

M's Step: As described for Vasterdalsk bakmes.

W's Step: Cts 1,2,3: Step IRL while crossing back to M's R side for open shldr-waist pos with outside ft free.