

Presented by James LaVita

från
SENPOLSKA FROM TORP

Sweden

STAN-poll-skah THORP

Source

This dance was collected by Göran Karlholm at Torp parish in the province of Medelpad in 1964 and is described in "Beskrivning av svenska folkdanser", del II. "Senpolskor" are a class of slower polska, slower than the faster "Slangpolskor", which have also been collected in this region. The character of these dances is one of calm, deliberate movement, flat and with feet close to the ground. Polskor are dances in 3/4 time, and this particular one may be most effectively counted as 3&, 1, 1&, 2, 2&, 3.

Music

"Music for Swedish Ethnic Dances," band a5, or "Scandinavian Dance Tunes", the privately produced tape mentioned in class.

Hold

Forestep and Turn:

Hambo (modified polska) hold, that is, M's right hand below W's shoulder blade, W's left hand around M's upper arm at ~~shoulder~~ ^{upper arm}, and M's left hand holding W's right arm above elbow, with W's right hand holding M's left upper arm.

Steps

Forestep:

Progressing LOD, M and W walk with bodies turned somewhat towards each other.

M: ct 1) step forward with L, with normal walking step, ct 2 and ct 2&) draw R past L with toes pointed towards partner, ct 3) step on R.

W: Opp. Ftwk.

Turn:

Brief transition: on ct 3&) of previous measure M pivots slightly on sole of R. *Fore ft during turn begins turn at start of phrase.*

M: ct 1) step around W with L, stepping on full foot, ct 1&) pivot of L sole, ct 2) step on R behind L (in LOD), through the sole to the full foot, ct 2&) pivot on both heels (which should be about one foot apart, not together), ct 3) finishing with both feet flat on floor.

W: ct 1) step R forward, between M's feet, ct 1&) small step on L, towards R, ct 2) another step R, nearly up to M's R, with R now nearly pointing out of LOD, ct 2&) continue pivoting on R, ct 3) step around M's R onto L, ct 3&) continue turning on L, while bringing R in close to L.