

Skrupolka

(Norway)

This dance is based on doing a 3-count turn to 2/4 music. As such, it is found over a wide area in eastern Norway. In Hadeland, northeast of Oslo, it is called halvrund polka (half-round polka) or skrupolka (screw polka, where screw refers to turning round and round as does a screw).

The dance is usually relatively free-form, consisting of ordinary polka turning or walking followed by the 3-count turn. The description below starts with a fixed pattern for teaching purposes. Variations are encouraged.

Pronunciation:

Music: Any polka or hamborgar. The arrangement presented here is squarely phrased, but the variations may be done to any polka-type music – even tunes with half-measures in a phrase.
CD: *Sving Deg*; 2/4 meter

Formation: Couples joined in Norwegian Ballroom pos (or Norwegian polka pos). In Ballroom pos, the M L hand is on top of W R, holding outside of her hand. Polka pos is the same as Ballroom pos, except that the M puts the joined ML and WR on his hip. M faces LOD, W RLOD.

Steps: Polka step: step fwd on L (ct 1); step R beside L (ct &); step fwd on L (ct 2). This has a down-up-down feeling. Repeat with opp ftwk. For Norwegian styling, when turning, the large step in LOD is on ct 2, not on ct 1.

3-count turn: The step takes 1 1/2 meas of music and repeats with same ft. For M, step around W on L (ct 1); touch R on floor to side of L (ct 2); step on R twd W or pivot on R heel transferring wt to R (ct 3). For W, bounce on both (ct 1); step on R twd M (ct 2); step on L around M (ct 3).

Meas

Pattern

BASIC

- 1-4 M start with L, W with R, dance 4 polka steps turning CW (turn twice). Cpl may also turn only once, especially when starting the first time: M dance fwd on meas 1-2, turn on 3-4.
- 5-8 Continue with 4 more polka steps. On the first M dance fwd, then turn once CW on the next two, then M dance fwd.
- 8-16 There are 16 counts in these 8 meas. Dance five 3-count turns CW, for 15 counts. On ct. 16 make a transition: M touch L beside R, while W touch R beside L. The charm of the dance is doing the 3 count pattern against 2 count music.

VARIATIONS

- A In the first 8 meas, you can vary the pattern. For example, you can decide to turn only CW for the entire 8 meas. You can dance M fwd and W bkwd. You can mix these any way you like.

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- B Vary the number of measures used for any part of the dance, most likely by doing it for more than 8 meas.
- C Ignore the way the dance fits to the music, and start over without any transition. This way of dancing allows you to do the dance even if the music is phrased oddly.

ABOUT THE STYLE OF THE 3-COUNT TURN

At Noregs Ungdomslag (the Norwegian Youth Organization), it used to be taught in springpols that the M and W did not svikt (dip) together. Instead, each partner did a deep dip when the wt was on both ft, on ct 2 for M and ct 1 for W. This style has also been taught in this dance. In my opinion, this is probably an artifact of organized folk dancing. In most folk forms of the 3-count turn, the W follows the M's svikt pattern. I therefore recommend that the svikt pattern is even, and that the W follows the M.

ABOUT THE W'S STEP IN THE 3-COUNT TURN

An alternate step for the W in the 3-count turn is the masurka step: step on R twd M (ct 1); step on L toe slightly behind R (ct &); step on R twd M (ct 2); step on L around M (ct 3). A W would usually use the same step that she uses in other dances. In Hadeland, most women would use the step described above but a W from Gudbrandsdal would use this masurka step.

Presented by Alix Cordray