



SLÄNGPOLSKA FRÅN SKÅNE

Sleng-Polska From Skåne

The dance is one of the older types of the polska, which are danced on the spot (eighteenth century). It is lively.

MUSIC: Sleng-polska from Skåne (3/4 meter). Count 1-and, 2-and, 3-and on every measure.

RECORD: Regional Folkdances from Sweden. Viking SMF 200.

POSITIONS: I: Couple facing each other with a low double handhold.

II: Equilateral position when the couple turns CW; reversed equilateral position when the couple turns CCW.

THE STEPS

CW: Outside foot = left. Left foot one step forward (cts 1-and), right foot one step forward (ct 2), left foot close to right heel (ct and), right foot one step forward (cts 3-and).

CCW: Outside foot = right. Same steps as above with opposite footwork.

THE DANCE

Position I: Starting with position I, the couple turns CW. They lean away from each other but their feet are close together and they take small steps. On measure 8 they let go of the handhold and both the man and the woman make one turn CCW separately, one step to a beat (left, right, left). On the last two beats of the measure they clap their hands, one clap on each beat and the steps are emphasized. Continue with position I in the opposite direction (CCW). The right foot is now free to start the step. The turn on the eighth measure is done CW (right, left, right). The couple then begins to dance CW in position II.

Position II: The couple dances CW for eight measures. The turn on the eighth measure is done in the same manner as measure 8 of position I; the couple then dances CCW with position II for 8 measures. After the turn on the eighth measure, the dance starts from the beginning.

Presented by Per and Margareta Jennische



Wall painting from Skåne, dated 1782, of a Swedish peasant wedding scene. The bride and groom dance, while her parents serve ale to guests