

STREKKBUKSE POLKA
(Norway)

This dance is interesting because it is so new to gammeldans in Norway. It probably did not come to Norway until about 1950; we don't know where it came from. For young people, it has taken the place of polka and pariserpolka, although it is not highly regarded in organized folk dance groups. The dances young people are most likely to know are: strekkbukse polka, vals and reinlender (in that order). Strekkbukse polka has also been the most requested dance at courses I have given for senior citizens (they want to learn the "new polka"). The name above means "stretch pants polka", but the dance has several other names, notably Lettisk Polka ("Latvian polka"). I learned the dance from various dancers at restaurants, etc.

Pronunciation:

Music: Heilo HO 7012 (LP) or HK 7012 (cassette), Side B/2
"Lurveleven" (You may not want to use the whole
band since the music is rather long.)
Any Norwegian polka or pariserpolka with the usual
phrasing. 2/4 meter

Formation: Cpls in a circle facing LOD in Varsouvienne pos: R
hands are joined above W R shldr (M R arm behind W head).
L hands are joined in front of M chest.

Characteristics: Enjoy this dance, and don't worry about the de-
tails! Let it reflect your mood.

Meas

Pattern

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| 1 | Hop on R ft, placing L heel fwd on ground (ct 1); hop on R ft, placing L toe on ground slightly to R of R ft (crossed) (ct 2). |
| 2 | Hop on R ft, placing L heel fwd on ground (ct 1); jump onto both ft (ct 2), changing places with ptr and ending facing away from ctr. Each person turns 1/4 CW; W moves to her L and M to his R. Do not drop hands; end with L joined over W L shldr and R hands joined in front of M chest. |
| 3 | Repeat meas 1 with opp ftwk. |
| 4 | Repeat meas 2 with opp ftwk, except end in orig starting pos. That is, each person turn 1/4 CCW. |
| 5 | Dance a L polka step fwd in LOD: Step fwd on L (ct 1); step on ball of R ft next to L ft (ct &): step fwd on L (ct 2). |
| 6 | Dance a R polka step fwd in LOD. |
| 7-8 | Release joined L hands. M walk fwd 4 steps starting with L ft, keeping W slightly in front of him. W walk 4 steps starting with L ft; M turns her so that she makes 2 turns to her R under the joined hands (CW). Join L hands to beg dance again. |