

Tyska Polskan – Schottis från Viksta

(Uppland, Sweden)

MUSIC: Schottis played fairly slowly.

FORMATION: Couples dance CW (clockwise) around partner while dancing as a couple LOD (CCW-counter clockwise) around the hall.

SOURCES: Description by Bill Gooch, 7/1/96. Learned from Bo Peterzon and Ing-Britt Dahlström at Camp Ramblewood, Scandinavian Week (7/96). Reference to Folkliga Danser från Uppland (description by Johan Larsson, Gagnef and Ingvar Norman, Säter, 1966, p. 14) published by Svenska Ungdomsringen för Bygdekultur, Upplands Distrikt, 1995.

STYLING: Erect posture, small steps, feet near floor (Don't kick up feet.), close to partner.

HOLD: **Oldtime Waltz Hold.** Face partner with R foot between partner's feet. M's R hand on middle of W's back. W's L hand on M's R shoulder. Other hands (M's L, W's R) joined with elbows (M's L, W's R) bent. Keep the same hold throughout the dance.

STEPS (2): 1) Schottis and 2) Step pivots with even svikt (knee bend) on each step.

EXECUTION:

Music 2/4	TYSKA POLSKAN 1) 2 Schottis diag. 2) 2 turns/4 step-pivots (Lift on 2nd turn).
measures	2 Schottis Steps describe a pie shape on the dance floor. M forward, W backward.
1	Schottis. Cut the first side of the pie. Move diagonally in LOD and sideways (M's L, W's R) toward the center of the circle with one schottis step (M: L-R-L, W: R-L-R).
2	Schottis. Cut the other side of the pie moving diagonally in LOD and sideways (M's R, W's L) away from the center of the circle with a second schottis step (M: R-L-R, W: L-R-L). On ct 2, meas 2 pivot CW on M's R, W's L so that W faces LOD. M has back in LOD.
	2 full CW turns: Man: Pivot-L-Pivot-R-Pivot-L-Pivot-R. W leaps on the 2nd turn.
	Woman: R-Pivot-L-Pivot-R-Leap-Land-Bounce.
3	Turn. Dance one turn CW around partner stepping Man: L back in LOD (1), Pivot (&), R fwd. (2) and Woman: L fwd (1), Pivot (&), L back in LOD (2). M's L and W's R hands are still held near respective shoulders.
4	Turn with Woman's Leap. M repeats footwork of meas 3. M lowers L hand by straightening his L arm so W can straighten her R arm.
	W's Ct 1: From the first step on her R, W launches herself up into the air using her legs to jump and arms to push down. M then helps her continue the upward motion supporting her with his L arm (so she can push down against his L hand) and generally steady and erect posture. Note: M does not make an exaggerated knee bend to go down and fetch W. Thus, M looks strong in the lift, but W makes it happen.
	W's Ct 2: W lands on both feet together and bounces up slightly off the floor.
	W's Ct 2&: W lands again in place on both feet.

JOHAN & INGVAR'S SOURCES: Sven and Margit Larsson, Viksta, demonstrated the dance.

INFORMATION FROM BO & ING-BRITT: People in Uppland were dancing polska when the schottis arrived from Germany and called it 'The German Polska' or 'Tyska Polskan'. Tyska Polskor share the characteristic of the couple moving toward and then away from the center of the dance hall. A schottis moves forward, not sideways.

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Presented by Roo Lester

Roo's Notes:

Pronunciation: TOOS-kah POHL-skah/SHOH-tees frohn VEEK-stah

Music: CD: *At the Jonsson's, Traditional dance tunes from central Sweden*, Band 5 or any bouncy Swedish schottis.