

## ÅLANDSFlickan

This short polka variant is from the Åland Islands in the northern Baltic Sea. Although territorially a part of Finland, this archipelago has been inhabited by Swedes since time immemorial. In 1954 Åland was granted the right to its own flag, for use on the islands only. Like the flag of Sweden, it is light blue with a yellow cross, but with a thin red cross superimposed.

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Pronun.: OH-lahnds flick-ahn

Translation: The Åland Girl (= The Girl from Åland)

Source: From Kimito, Åboland, Finland. Described in Suomalainen Kisapirtti (Finska Lekstugan), Helsinki 1905.

Recording: RCA FAS-665 (Same on RCA LFM 9910).

Formation: Couples in circle, M facing forward in LOD, W facing RLOD, free hands on hips, general ~~Sand~~ <sup>Swedish</sup> style (fingers fwd, thumb back).

Steps: Two-step; polka. Jump-step in place, Finnish Polka (Polkett).

Music: 2/4

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### A. Jump-steps in place:

- 1 Partners facing one another, hands on hips, a jump-step in place, landing on both feet (more or less on flat of the foot) L foot in front of R.
- 2 Repeat jump-step but with R ft in front of L.
- 3-4 Three more jump-steps in double-time, leading L, R, L.  
NOTE: Rhythm is thus 1, (hold), 2, (hold), 1,2,3 (hold).
- 5-8 Repeat above, but beginning first step with R ft fwd.

### B. Polka turn:

- 9-16 Taking ordinary waltz position, B Finnish Polka (Polkett) steps turning CW, and progressing fwd LOD.  
Repeat entire sequence from beginning, as many times as desired.

Description by Gordon E. Tracie

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