

Å^oATABAKSPOLSKA (Sweden, Follinge district)

As learned by Dean Linscott from Ernst Grip and Beret Bertilsdotter at the San Francisco Bay Area Scandia Festival, February, 1995. Pronounced OH-tah-bahks-pohl-skah.

FORMATION: Cpls in a circle. M's back twd ctr. social dance posn except that M hold W's R hand from the top, both palms are down.

MUSIC: special tape (3-4 meter)

FIG. 1 (POLSKA): Starting on outside ft. and partially facing ptr. step in LOD (ct 1), bringing the inside ft fwd. step on it past the other ft (ct 3). Repeat two more times (meas. 1-3). Then take a very close polska hold and travel in LOD while turning 5 times CW with ptr (meas. 4-8). Polska hold is similar to social dance posn but closer, with M holding W's upper R arm with his L hand, elbows relaxed. In each turn both step on cts 1 and 3 (M start L, W start R). When W takes her second step (on ct 3), it is on the BALL of her L ft. Note that if you stand too far apart, it is much harder to complete each turn.

FIG. 2: M facing and moving in LOD, still in close polska posn, swing W a little twd ctr with a step, close, step (M start L; W opp); swing W a little away from ctr with a second step, close, step; travel in LOD while turning CW 3 times as a cpl with step, close, steps (2 meas. for each turn). On the last (eighth) meas. don't complete the turn, but stop while M is on outside of circle; M pivot about 1/2 CW to face LOD, and slap outside of R ft with R hand on last ct, then immediately assume REVERSED polska posn. (W is now to M's L, facing RLOD while he is facing LOD).

FIG. 3 (BAKMES): During 8 meas., cpl moves in LOD while turning CCW 4 times with ptr. M and W use same bakmes step, but out-of-phase, so while M is doing first part W is doing second part: M walk fwd & twd ctr R, L, R (meas. 1); then step on L closely beside and slightly behind R so wt is now on both ft (ct 1), pause (ct 2); pivot on both heels to bring toes around completing turn (ct 3). When M starts to walk on ct 1 of meas. 1, W starts on ct 1 of second meas., by placing her L ft beside and slightly behind her R, with wt on both; then pauses, then pivots on both heels, etc. On meas. 8, M open up as they finish the 4th bakmes turn and take the modified social dance posn preparatory to starting the dance over with Fig. 1.

Taught May 28, 2000 by Dean Linscott and Anita Engberg at Statewide 2000, Fresno, California.

Dance description by Dean Linscott.