

OSU FOLK DANCE CAMP 1978

FRÅN
BAKMES FROM KALL

This dance suite contains four dances from Kall in western Jemtland. Each consists of one unique part and one common part. The unique part is either a polska, a waltz, a polka or a schottis. The common part is a bakmes (reverse dance). This is danced to the music of the unique part so that it looks quite different in the four individual dances although the steps are the same.

I Polska and bakmes

MUSIC

Polska from western Jemtland. Count 1-and, 2-and, 3-and in the polska and 1-and, 2-and, 3-and, 4-and, 5-and 6-and in the bakmes.

POSITIONS

1. Introductory steps

The man puts his right arm around the waist of the woman. She rests her left arm on his right upper arm. Outer arms are hanging.

2. Polska, bakmes and viltur (resting part)

Polska hold

STEPS

1. Introductory steps starting on outer foot.

2. Polska

Man's step: Main polska step. The accomplished dancers would sometimes lift the left leg on (2) and hit the left heel with the left hand on (3).

Woman's step: Put down right foot one step forward, heel first (1). Put down left foot one step forward (2) and start a rotation, which will continue into one full turn CW. Lift right foot (2-and) and move it close to left foot without touching the floor (3). Move right foot forward (3-and).

Transition to bakmes: The man rests for one measure, right foot in front of left, both feet in full contact with the floor. On (3-and) he puts down his right foot, heel first. The woman rests for one measure, puts down right foot and places left foot 1/2 foot behind right foot.

3. Bakmes

The rotation is "backwards", CCW, one full turn for six measures.

Man's step: Put down left foot 1/2 step in front of right foot (1) and remain in this position (1-and-2). Move right foot forward to the left one step (2-and) and put it down with toes pointing to the left (3). Make 1/4 turn CCW on right sole while left foot is moved backwards in an arc (3-and). Put down left foot 1/2 foot behind right foot (4) and remain in this position (and-5). Make a 1/4 turn CCW on both heels (and-6). Put down right foot one step forward

Continued.

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(6-and).

Woman's step: Identical to those of the man but starting on point 4 in the description. The man and the woman start dancing at the same time but the steps are displaced by one measure.

4. Viltur (resting part)

The man "pushes" the woman backwards. Both do introductory steps.

THE DANCE

The polska is danced a free number of times. Some people used to dance the polska only, but those who wanted to show off would dance both bakmes and polska. When the dance floor became crowded the dancers would often change over to the bakmes which has a slower turn.

II Stisvals (step waltz) and bakmes

MUSIC

Waltz from Jemtland, played slowly. Count 1-and, 2-and, 3-and, 4-and, 5-and, 6-and.

POSITION

Polska hold

STEPS

1. Stisvals

There is one turn CW for six measures.

Man's step: Take one step forward with right foot and put it down with toes pointing to the right (1). Keep feet in this position (1-and-2). Move left foot forward (2-and) and put it down pointing to the right (3). Move right foot backwards in an arc (3-and) and put the whole foot down at right angle to the left foot (4). Keep this position (and-5). Turn left foot on heel 1/4 turn (and-6). Move right foot forward again (6-and).

Woman's step: Identical to those of the man but starting on point 4 in the description. The man and the woman start dancing at the same time but the steps are displaced by one measure.

2. Bakmes

The same as bakmes to polska.

3. Viltur

The same as viltur to polska.

THE DANCE

The man starts with the bakmes without transition after a few times of waltz. The woman starts at the same time but at point 4 in the description. There is free variation between stisvals, bakmes and viltur.

Country is used.

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III Polka and bakmes

MUSIC

Slow polka. Count 1-and, 2-and, 3-and, 4-and.

POSITION

Polska hold.

STEPS

1. Polka

Continuous, smooth polka steps; man starting with left and woman with right foot.

Transition from polka to bakmes: The man stamps with left foot (1) and right foot (2). The woman puts down right foot and places the left foot 1/2 foot behind the right foot.

2. Bakmes

CCW turn, one full turn on four measures.

Man's step: On (2-and) in the transition step, put down right foot, heel first. Put down left foot, heel first, 1/2 step in front of right foot (1). Move right foot one step diagonally to the left (1-and) and put it down pointing to the left (2). Make a 1/4 turn on right sole CCW while left foot is moved in an arc backwards (2-and). Put down left foot 1/2 foot behind right foot (3). Turn on both heels 1/4 turn CCW (and-4). Put down right foot one step forward again (4-and).

Woman's step: Identical to those of the man but starting at point 3 in the description. Both start dancing at the same time but the steps are displaced by one measure.

3. Viltur

The man leads the woman backwards, both doing introductory steps.

THE DANCE

The polka is danced as many times as desired, followed by the bakmes. The viltur may be used at will for resting a while. There is free variation between polka, bakmes and viltur.

IV Schottis and bakmes

MUSIC

Schottis from Jemtland, played slowly. Count 1-and, 2-and, 3-and, 4-and.

POSITIONS

1. Schottis steps (forward part)

The man places his right hand in the woman's left hand, palm towards palm. Her left arm is behind his right arm and her left thumb on top of his right. Outer arms are hanging.

2. Schottis (turning part), bakmes and viltur

Polska hold.

Continued...

STEPS

1a. Schottis steps (forward part)

Two springy schottis steps, starting on outer foot.

1b. Schottis steps (turning part)

Man's step: Put down left foot one step forward to the right, sole first (1). Make a 1/4 turn CW on left sole, and move right foot backwards in an arc (1-and). Put down left heel (2). Move right foot forward (2-and). Move right foot further forward to the right and put it down, heel first, between the woman's feet (3). Make a 1/4 turn CW on right sole, lift left foot and move it in an arc forward, CW (3-and). Put down right heel (4). Move left foot forward (4-and) to be put down on (1).

Woman's step: Put down right foot, heel first (1). Make a 1/4 turn CW on right sole, lift left foot and move it forward, CW, in an arc (1-and). Put down right heel (2). Move left foot further forward (2-and) and put it down forward to the right, sole first, outside the right foot of the man (3). Make a 1/4 turn CW on left sole, lift right foot and move it in an arc backwards, CW (3-and). Put down left heel (4). Move right foot forward (4-and) and put it down between the feet of the man (1).

Transition to bakmes: Change over to bakmes directly or wait a while to find the beat.

2. Bakmes

The same step as in bakmes to polka. One turn CCW on the four beats in one measure. The steps are quite fast. In bakmes to polka there is also one turn to four beats but these form two measures so that the steps are slower.

3. Viltur

The man leads the woman backwards, both doing introductory steps.

THE DANCE

Schottis (forward part + turn) is danced a free number of times followed by bakmes. The viltur may be used at will. There is free variation between schottis, bakmes and viltur.