

BONDPOLSKA
(Sweden)

Bondpolska is a polska variant from Överhärde.

Pronunciation: boond-POHLS-skah

Cassette: Englund special cassette; Bygdedansmusik RC -206 Side B/6
3/4 meter

Formation: Ptrs face each other, W back twd LOD. Polska hold but M L
forearm is behind W back and his L hand is on W R shoulder-ca

Step: A. M: L (ct 1); R (ct 2); L next to R (ct 3);
 R (ct 1); L (ct 2); R next to L (ct 3); etc.
 W: R (ct 1); L (ct 2); R next to L (ct 3);
 L (ct 1); R (ct 2); L next to R (ct 3); etc.

 B. M: R sole (ct 1); L (ct 2); R heel (ct 3).
 W: L (ct 1); both (ct 2); R (ct 3).

Sequence: Step A, rest step.
 Step B, polska.

Execution: No set sequence. During Step A, M can lead W to the L
 and to the R on the first beat of each meas.

 Dance an uneven number of Step A followed by an un-
 even number of Step B. (3 meas of Rest Steps and 5 meas
 Polska; 5 meas of Rest Steps and 11 meas of Polska; etc.)

 On last meas of Polska turn, stop with M facing LOD, gently
 bent knees (cts 1,3).

Character: Emphasis is a down movement on ct 1, up on ct 2, and
 down on ct 3.

Presented by Tommy and Ewa Englund