

GAMMAL POLSKA  
(Sweden)

- Source:** The Gammal Polska (Gahm-mahl Pohl-skah), Old Polska, was personally observed and danced by Gordon E. Tracie through research and field work in Sweden 1950-51, 1955, 1960-61.
- Record:** Aqua Viking V830A
- Formation:** For any number of cpls, LOD, CCW. Open shoulder-waist pos, free hands loosely at sides (not on hips).
- Position:** Swedish folk dance hold: (Closed) Common to a great number of the older cpl dances throughout Sweden, is a closed pos, differing from both shoulder-waist and the conventional waltz pos. Combining the best features of both, it is thus: M R arm around W waist, W L hand on M R shoulder, M L arm sharply bent, with hand open upward, W R arm held straight out from shoulder, her elbow in M L hand, and her R hand holding M L arm just above his elbow. Exact location of M L and W R hand is, of course, contingent upon relative arm lengths, but, essentially M L arm is bent while W R arm is straight. This allows for M R ft to come between the W ft, and her R between his ft, while at the same time providing the solidity of the shoulder-waist hold.
- Steps:** Syncopated Walking Step, Swedish Polska Step (described below)
- Styling:** Relaxed, with flowing motion, yet firm and powerful.

The following two parts are not figures in the regular sense, but merely two dance pos utilizing essentially the same step, in one case open fwd and the other closed turning, alternated at will, with no fixed number of meas for either.

Measures      Pattern  
(3/4)

I. Rest Steps Fwd

In open shoulder-waist pos, free hands loosely at sides, beg on outside ft, any number of walking steps fwd in LOD, in time with the music as follows:

M: Ct 1 - step L	W: Ct 1 - step R
Ct 2 - hold pos	Ct 2 - hold pos
(L in front of R)	
Ct 3 - step R	Ct 3 - step L

The steps on "3" and "1" thus come in immediate succession, whereas, there is a pause between "1" and "2". These steps should be completely natural, as in an ordinary, normal walk (the heel making contact with the floor before the rest of the ft), not slides or ballroom "dance-walk." Though

## GAMMAL POLSKA (CONT.)

Measures      Pattern

somewhat syncopated, the movement should be smooth and flowing, not in any way jerky, or "military" in character.

II. Closed Polska Turn

Taking closed Swedish folk dance hold, cpl turns CW with any number of Polska steps, making one full revolution for each meas of music, and progressing fwd in LOD.

The turning step may be described for the M as follows:

M: Ct 1 - pivot on L "leading around" on it

    Ct 2 - continue pivot on L, while keeping R close by and touching floor with it (i.e. both)

    Ct 3 - step R with slight pivot

The W follows much in the same manner as she does in Snurrbocken: "both, R, L."

Throughout the steps should be smooth, with neither too much "bounce" nor "dip" (as in the Hambo), yet not lacking in a certain "lilt" which expresses the Polska's distinctive rhythm.

The turn is continued indefinitely, using the alternate "rest steps" only when desired.

Presented by: Gordon E. Tracie