

## GAMMALPOLSKA FRAN DELSBO

- Music:** Relatively slow eighth-note polska from Dellenbygden.
- Positions:**
- Forestep:** M places his R hand on W's L shoulder, and she places her L hand on M's left shoulder, with W's arm under M's. The elbows are bent, so that the partners dance close to each other. Outer arms are hanging.
- Polska:** Keep the inner hands in the same relative position as during the forestep. The free hands are now placed on the partner's other shoulder. Both elbows are kept bent, so that the position is very close.
- Forestep:** Begin on outer foot, stepping on cts. 1 and 3. The inner foot is placed at a level with the outer, never stepping past the outer. The step is relatively short, and weight is placed on the whole foot.
- Polska:**
- Man:** Step on L foot (ct. 1). Place R foot a foot-length behind the L foot (ct. 2). Turn on L sole and R heel (ct. 3). His back should always be turned in LOD on ct. 1. The style is smooth and gliding.
- Woman:** Place R foot, with the leg held very straight, between M's feet (ct. 1). Place L foot outside M's feet with a long step (ct. 2). Turn on L sole (ct. 3). The right foot is held straight through the turn. The style is smooth and gliding.
- Resting figure:** Step in LOD, M backward and W forward. M steps L (ct. 1-2), R (ct. 3). W steps R (ct. 1-2), L (ct. 3). As in the forestep, the inner foot is never placed past the outer.
- Sources:** Knuth Lehman and Rolf Westerlund. Original information was obtained from Edit Holst.