

GAMMALPOLSKA FRÅN FÖLLINGE

Jämtland, Sweden

MUSIC: Polska from Föllingetrakten. Låter från Föllingetrakten, Jämtland, a cassette tape by Ulf & Mats Andersson, recorded by Radio Jämtland Östersund, 5 tunes.

FORMATION: Dance CW or CCW around partner while dancing as a couple LOD around hall.

SOURCES: Description by Bill Gooch 6/24/95. Learned from Ernst Grip & Beret Bertilsdotter at Scandia DC Dance & Music Weekend, Cherry Hill Park, MD, 2/25-26/95. Additional references: 1) A videotape of the teachers made on October 18, 1994 in Tumbacken Hembydsgården in Föllinge, Sweden.

STYLING: Close, light, and flowing.

HOLDS: 1) **Försteg:** Both face LOD with M to L of W. M's R hand low on W's lower back. W's L arm over M's R arm with the heel of her hand just below his R arm pit and her fingers on his R shoulderblade. Outside arms hang down to sides.

2) **Omdansning (polska turn): Modified Polska hold: More to the side of your partner's upper body than in regular polska position.** M puts his R arm around W's L side with his R hand firmly on her lower back at belt level. (Note: Placing the hand too high can throw W's weight too far forward. The lower M's hand lowers W's center of gravity. She keeps her weight a little forward, never back on her heels.) M's L hand on W's upper arm. W's L arm over M's R arm with the heel of her hand just below his R arm pit and her fingers on his R shoulderblade. W's R arm inside the M's L arm and holding his L shoulder with her R hand. Your partner's upper body is to the R of your upper body instead of nearly directly in front of you as in many polskas. R between partner's feet. Inside R knees/thighs touch and support partner. Body contact from knees to shoulders.

3) **Viltur & 4) Frammes (Slow, forward turn): Side-by-side position.** Similar to omdansning hold but with R feet to R of partner's R, not between partner's feet. W's L hand holds M's upper R arm. Stand slightly more forward than usual in relation to your partner so that you and your partner make a straight line with your bodies.

STEPS (4):

Music 3/4 1) Försteg. Chug inside ft (1). Step outside ft (2). Step inside ft (3).

counts

- 3& Weight on inside foot, chug (or hop) forward swinging outside foot forward.
1 With inside knee bent slightly, land on inside foot (1) with outside leg and foot extended forward. Touch outside heel forward with toes pointed near floor.
2 Shift full weight forward to outside foot.
3 Step forward on inside foot.

Music 3/4 2) Omdansning (Polska Turn). Step on cts 1 & 3. 1 turn per meas.

counts

- W's turn: R fwd (1). Pivot on R (1&-2&). Ball of L on floor (2&). Shift full weight to ball of L (3). Pivot on ball of L(3&).
1 Step through R heel forward between M's feet LOD.
1&-2& Pivot CW on ball of R and begin touching ball of L on floor.
3 With back in LOD, shift weight onto ball of L without touching heel to floor.
3& Pivot CW on ball of L.

- M's turn: L back LOD (1). Pivot on ball of L (2). R forward (3).**
- 3& Pivot CW on ball of R so that back is in LOD.
- 1 With back in LOD, step back onto ball of L without touching heel to floor.
- 1&-2& Pivot CW on ball of L.
- 3 Step through R heel forward between W's feet LOD.

Music 3/4 3) Viltur. Keep omd. hold. M goes fwd L-R (1-3) in LOD. W bkwrđ R-L (1-3).

Transition from Omdansning to Frammes: Man: During meas 1, M dances a non-chugging försteg so that he is beside W with his R stepping beside W's R (not between her feet) (3). Dance two more left försteg LOD going forward and stepping L-R (1 & 3) to have L ready on ct 1 of the frammes. During meas 3, stamp L on ct 1.

Woman: At the beginning of measure 1 of the transition, W changes feet by stepping quickly R-L (&1 and 1). Also during that measure, W changes her hold so that her L hand holds M's upper R arm. Dance 3 more non-chugging, L-footed försteg LOD going backward and stepping L-R(1 & 3) to have L ready on ct 1 of the frammes.

Music 3/4 4) Frammes. 1 CW turn = 2 measures. Count 1-3-4-6. L-R-L-R.

- counts **Man: L forward (1). R forward (3). L back in LOD (4). R back in LOD (6).**
- Woman: L back in LOD (1). R back in LOD (3). L forward (4). R forward (6).**
- Man starts here.**
- 1 Step L forward around to right of LOD. *M stamps lightly on 1st frammes only.*
- 3 Step R farther around to right of LOD.
- 3& Pivot 1/2 turn CW on ball of R.
- Woman starts here.**
- 4 With back toward LOD, step L back LOD.
- 6 Take a long step back in LOD onto R. *M draws/pulls W around toward R.*
- 6& Pivot 1/2 turn CW on ball of R.

Transition from frammes to försteg: Woman: Step L-R-L on final meas of frammes to have R ready for the försteg. (She can use a different method but must make sure to have the R ready.) **Man** has weight on R after any frammes and returns to försteg when he is facing LOD.

EXECUTION: Dance a sequence of 3 meas försteg, 5 meas omdansning, 4 meas viltur, 4 meas omdansning. Follow with transition and frammes. Repeat sequence as many times as desired and music allows. Specific length of each part of the sequence may vary as long as the dancers match the dance to the music and its phrasing.

ADDITIONAL INFORMATION: Ernst Grip learned this dance from people in Föllinge in the 1930's when he was 10-13 years old. He was reminded of this dance in the military service during World War II (1941-1945) near the Norwegian border waiting for the Germans who did not arrive. The Swedes danced instead of fighting Germans. Ernst learned to dance both the man's and woman's parts.