

INNHERREDSPOLS

(Norway)

Record: RCA FEP-14 (Norway)

Formation: Couple dance, any no. of couples.
LOD CCW.

Steps: Springar steps (as described below), left foot pols step.

Sequences: 1. Springar steps, open pos. fwd.
2. Closed pos. turn CW, left foot pols step.1. Fwd. springar steps:

- ct. 1. Small jump on both feet, feet approx. 12" apart. M leading with L ft., W leading with R ft. (face to face pos.).
- ct. 2. M's R up to L.
W's L up to R.
(face to face pos.)
- ct. 3. M's L fwd. LOD
W's R fwd. LOD
Both turn slightly outward.

Next step the same, except on opposite feet and Ct. 1 starts in back to back pos. Start fwd. steps with inside arms joined and extended back in face to face position. Outside hand on hip, thumb fwd. Next step in back to back pos., inside arms swinging fwd. while turning in and out on every other step. Repeat this fig. for one or two measures (4 or 8 steps).

2. Left foot pols step CW in closed pos.:

- ct. 1. M's L, W pause while taking closed pos.
- ct. 2. M's both with a small dip, W's R.
- ct. 3. M's R. W's both (W weight on L, R touching). A small dip for W.

Start into the closed pos. on ct. 1. M's R arm around W's waist, M's L around W's right shoulder. W's left hand on M's R shoulder, W's R hand high on M's back, arm under M's left arm. Make an even number of turns (4 or 8) according to the phrasing in the music.

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Fig 1, paragraph 1, line 2. Delete the first 3 words "start fwd steps" and replace with "hand pos for fig 1 are:
Fig 2, ct 1 should read: "M's L, W both, keeping wt on L while taking closed pos. (Small dip for W)"
Fig 2, ct 3 should read: "M's R. W's L"