

INNHERREDSPOLS

Presented by Ingvar Sodal

(Norway)

- Record: RCA FEP-14 (Norway) (45) RCA YN JL 1-803, Side 2, Band 1 (Hilmar Alexandersen)
- Formation: Couple dance, any number of couples. LOD CCW.
- Steps: Springar steps (as described below), left ft pols steps.
- Sequence: 1. Springar steps, open pos fwd.
2. Closed pos turn CW, left ft pols steps.

1. Fwd springar step:

- ct 1. Small jump on both ft, ft 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 ft, and ct 1 starts in back to back pos.

Arms: Inside hands joined and inside arms extended back in face to face pos. 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 figure for one or two measures (4 or 8 steps).

2. Left ft pols step CW in closed pos:

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

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.