

1965 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Gordon E. Tracie

NÄRKES POLSKA
(Ring-Dance for 8 Couples, from Sweden)

Pronunciation: NEHR-kess polska

SOURCE: Närke (old spelling Nerike) is a small province on the plains of central Sweden. Although the bouncy polska melody to which this dance is done is attributed to that district, the dance itself is found in countless forms thruout the land.

With the exception of the weaving figure (which may well have been a later addition) it even bears a general resemblance to Fyramannadans. The Swedish folkdance Jämpolska is in fact virtually identical, figurewise, to Närkespolska. Named for Jämtland province which is in northern Sweden, it however employs a simple running step in lieu of the more complex polka-mazurka and is for seven couples rather than eight.

The Närke variant of the dance has been variously titled in Sweden, including Slängpolska från Närke, Ringdans (ring-dance) från Närke, and Långdans (long-dance) från Närke. Inasmuch as its precise origin and original form are obscure, it would seem to be best named simply Närkes polska.

TRANSLATION: Närke's Polska. CATEGORY: Ring dance

REGION: Province of Närke.

SKILL LEVEL: Advanced.

MUSIC: 3/4.

RECORD: Aqua VIKING V 111 b.
RCA LPM-9837, Side 1.

RENDITION: 1x thru as described.

TUNE TITLE: Närkes polska.
Slängpolska från Närke.

INTRO: 4 meas.

FORMATION: 8 cpls in ring.

POSITIONS: As described for ea figure. Hand, when free, on hip Swedish style (fingers fwd, thumb back).

FOOTWORK: Parallel, all bngng on L ft: Swedish polka-mazurka step, light run.

CHARACTER: Light, with smooth, even bounce.

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FIG. I. RING OUTWD & INWD, "KRINGEL", RING:

- Intro (4m) Cpls begin standing in ring, facing inwd, hands joined at shldr height. On 3rd meas. hands are released and ea person turns half about CW to form a ring face outwd, hands again joined at shldr ht.
- 1-8 A. Ring CW facing outwd:
Bngng on L ft, all dance CW with 8 polka-mazurka steps.
- 1-8 B. Ring CW facing inwd:
Hands are released, all clap once on 1st beat of meas as ea person turns half about CW with L polka-mazurka step, to form a ring facing inwd, hands joined at shldr height, and continue with 7 more polka-mazurka steps in CW dirn.
- 9-16 C. "Kringel" CW:
Hands are released again, all clap once on 1st beat of meas, and come a bit toward the center to form "kringel" thus: M's hands on W's shldr, W's hands on outer side of M's upper-arms. This moves CW with 8 polka-mazurka steps.
- 9-16 D. Ring CW:
All loosen "kringel" hold and form a ring again (still facing inwd) and continue CW with 8 polka-mazurka steps.

FIG. II. CPLS' STARS, RING:

- 17-24 A. W's R-hand star:
M retaining own ptrn by inside hand, ring is dissolved, and cpls turn to face CW, ea W placing her R hand on elbow of W in front, to form a star. M's L hand on hip. Star moves arnd CW with 8 polka-mazurka steps.
- 17-24 B. M's L-hand star:
Retaining inside hand hold, cpls turn half about CCW (M backs up) so that M are in center facing CCW, ea M placing his L hand on elbow of M in front to form a star. W's R hand on hip. Star moves arnd CCW, with 8 polka-mazurka steps.
- 1-8 C. Ring CCW:
Star is dissolved and cpls form a ring again (facing inwd), which moves arnd CCW with 8 polka-mazurka steps.

FIG. III. W WEAWE ARND M, RING:

- 9-16, 9-16
17-24, 9-16 A. M knee-fall, W weave arnd M:
M drop down on R knee, facing center, L hand on hip and R hand raised straight up, for next 32 meas. Dancing polka-mazurka steps thruout, ea W first joins her L hand with ptrn's R and dances CCW arnd him (4 meas), then continues to next M ahead in CW dirn with whom she joins her R hand and dances CW arnd him (4 meas), thence on to next M with whom she joins her L hand, etc., alternating CCW and CW arnd all the M, 4 meas ea, progressing CW about the circle, until she returns

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to her own ptr. Thruout, eye contact should be maintained with immediate ptr.

- 1-8 B. Ring CW:
M raise up and cpls join hands in a ring (facing inwd), which moves arnd CW with 8 polka-mazurka steps.

FIG. IV. 2 RINGS & LIFT:

- 1-8 A. 2 rings opp dirn:
W join hands and come to center to form a small ring facing inwd and moving CW, while M individually turn about CCW and join hands to form an outside ring facing outwd and moving CCW, both rings moving with 8 polka-mazurka steps.
- 9-16 B. 2 rings same dirn:
Clapping on 1st beat of meas, M turn half about CCW and join hands to form a ring facing inwd and now moving CW, while W continue in CW ring, all dancing with 8 polka-mazurka steps. During this fig, the two rings must adjust so that ea M stands between (altho behind his ptr and his corner.)
- 9-16 C. M lift W:
M now join hands in firm wrist-lock and lower their arms so as to allow W to sit on M's hands, W meanwhile holding firmly on to M's shldr so that M can safely raise them to a comfortable height. M move CW with light running steps, to end of music.

W remain in raised posn until ring comes to full stop, whereafter they are gracefully lowered to the floor.

Description by Gordon E. Tracie