

Simple Folk Dances

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City
Arrangements by Walter Eriksson

SIDE 1

NIGAREPOLSKA (Nixie Polka) (Sweden)

OPENING FORMATION: Any number of people (not necessarily an even number of boys or girls) in a single circle, all facing the center. One or more dancers are scattered about the inside of the circle. There should be about 1 center dancer for each dozen dancers in the circle. This version will assume 1 center dancer.

Meas. 1-4: With hands joined, all spring lightly onto the left foot and extend right foot forward, heel to ground, toe up. Then spring lightly onto the right foot and extend left foot forward with toe up, heel to the ground. Leap again onto the left foot with right foot forward, and then on to the right foot with left foot forward. (These are 4 slow "bleking" steps.)

Meas. 5-8, with repeat: All clap hands once and shout "Hey;" then the center dancer runs around the inside of the circle looking for a partner. He selects one; they join both hands and run lightly in place to finish of the music.

Meas. 1-4: The center dancer and partner now repeat the action of Measures 1-4, holding two hands.

Meas. 5-8, with repeat: On first count, all clap hands, shouting "Hey." Then the center

dancer about-faces and places both hands on the shoulder of his partner, who now becomes the leader. In this position the two of them shuffle around the inside of the circle, looking for a third person to dance with.

Meas. 1-4: The action of Measures 1-4 is now repeated, with the new dancer facing the circle and the two others facing him or her.

Meas. 5-8, with repeat: With a clap and shout of "Hey," the two people in the center about-face. All three now face the center and you have a line of three dancers with a new leader who now go looking for a fourth.

The entire dance is thus repeated, accumulating dancers as you go along. Note that there is a new leader on the repeat of the dance as the lines keep about-facing every time.

While several books give lyrics for this dance, it is a rather breath-taking one and dancers find it quite difficult to sing. It may be used, however, as a means of introducing people to each other. As each new person is selected he gives his or her name. Then each line chants the name of the person selected, in time to music: "Mary, Mary, Mary, Mary," etc. This is a lot of fun, but be prepared for a great deal of noise as the dance progresses.

