

NORDISK
~~NORSE~~ POLKA
Norwegian Polka

(Norway/USA)

Formation:

Couples scattered around the room.

bars 1-6 Man on L, lady on R, hold nearer hands (M's R, L's L)

bars 7-8 shoulder/shoulder blade hold (barrel hold), men's hands on lady's shoulder blades, lady's on men's shoulders.

Dance

bars 1-2 Men starting L, ladies R, take 3 walking steps in LOD (1,2,3) touch inside foot no weight (4)

bars 3-4 Men starting R, Ladies L, take 3 walking steps in RLD (1,2,3) touch outside foot no wieght (4)

bars 5-6 Moving LOD, men starting L, Ladies starting R take 4 walking steps forward. On the forth step the man steps in front of the lady and gets into barrel hold .

bars 7-8, 4 pivots in barrel hold, men start L (backwards), ladies start R (forwards) after the 4th pivot the ladies open up to stand to their partner's R.

Footwork

PIVOTS: Pivots are simple walking steps done while spinning your partner around. The motion is Forward and back (not side to side). You always step forward on your right, and back on your L. Taking a half turn per step clockwise (thus always moving LOD (ccw)). The inner thigh of each person's R leg should be touching their partners.

Count 1 Man steps backwards (L) and pivots cw so he is facing LOD. Woman steps forwards (R) and pivots (also clockwise) so she is facing RLOD

Count 2 Woman steps backwards (L) and pivots cw so she is facing LOD. Man steps forwards (R) and pivots (also clockwise) so he is facing RLOD.

etc.

Click [here](#) to return to the folkdance index page.