

POLKA OCH BAKMES FRÅN KALL
Sweden

"Bakmes" simply means "backwards" or "reverse dance." This dance is from the Swedish province of Jamtland, and was collected May, 1962, and May 1967 by Göran Karlholm from several old persons who had learned four "bakmes" dances in four rhythms: polska, waltz, polka and schottische. The Goller's learned the dance in Sweden in 1974, and later from Margareta and Per Jennische at Oregon State Folk Dance Conference in 1978.

TRANSLATION: Polka and backwards dance from Kall.

PRONUNCIATION: Pol-kah oh Bahk-mess from Kahll

RECORD: OLAB SLP-022, "Nu Bjö Mae Opp" (L), Side 2, Band 6 or 7.

MUSIC: Slow polka. Counted 1,&,2,&

FORMATION: Cpls in a circle, moving LOD, and turning CW.

POSITION: Polska Position: M's R hand on W's waist, while his L hand grips W's upper-arm. W's L hand on M's R upper-arm, while her R arm is on the inside of M's arm.

When doing bakmes step W is in front of M and slightly to R.

STEPS: Polka: A continuous, smooth flat-footed two-step, with M starting L, W R. As: step-close-step, step-close-step, 2 meas per revolution.

Transition (from polka to bakmes): M facing LOD, stamps L,R without wt (cts 1-2). W holds pos and is facing RLOD.

Bakmes: CCW turn 1 full turn for each 2 meas.

Men: Meas 1 - Step R,L fwd (cts &,1), step on R, toe points to L (ct 2). Meas 2 - With wt on R turn 1/4 turn CCW, L moves in an arc bkwd (ct &), step R (instep) behind L heel (make "T" with ft), end facing RLOD (ct 1), with wt on both heels pivot 1/2 turn CCW on the heels (ct &,2).

Women: Same as M, except start on Meas 2, ct 1, Both start dancing at the same time, but the steps are displaced by 1 meas (out of phase).

METER: 2/4

PATTERN

When doing the dance always start with the polka, do the transition and then move into the bakmes. The changes are done at the will of the dancers, but always come at the beginning of musical phrases.

Presented by Edward & Carol Goller
Idyllwild Workshop 1979