

från
SUITE FROM KALL
Sweden

This dance suite contains four (4) dances from Kall in western Jamtland. Each consists of one unique part and one common part. The unique part is either a polska, a waltz, a polka, or a schottis. The common part is a bakmes (reverse dance). This is danced to the music of the unique part so that it looks quite different in the four individual dances although the steps are the same.

STEPS: Alternate steps patterns according to the desire of the M. This usually happens at the beginning of any musical phrase.

RECORD: OLAB SLP-022, "Nu Bjo Mae Opp" (LP).

POLSKA MED BAKMES FRÅN KALL

RECORD: Side B, Band 1 & 3

POSITIONS: Rest Step: Both face LOD. M R arm is around W waist, W L arm on M R shldr. Free arms loose at side.
Polska and bakmes: Polska pos.

METER: 3/4

STEPS: Rest Step: Beg ML WR.

Polka Step: (1 meas per CW rotation)

M: Step L fwd, point toe twd R to begin CW turn (ct 1); pivot on ball of L ft (ct &); place ball of R ft a ft-length behind L, keep L in place (ct 2); pivot on ball of L ft and R heel CW to complete turn.

W: Step R fwd (ct 1); step L fwd and begin turn (ct 2); bring R close to L, but without touching floor, allowing R to swing out slightly - this completes turn (ct 3).

Transition to Bakmes: Hold in place for 1 meas.

Bakmes: (2 meas per bkwd (CCW) rotation)

M dance meas 1 while W dance meas 2.

M: Meas 1: Step R fwd (ct &); short step L fwd, toe turned twd L (cts 1); hold (ct 2); step R fwd, turn toe slightly twd L (ct 3); pivot 1/4 CCW on R sole as L moves bkwd in arc (ct &).

Meas 2: Step L approx 1/2 ft-length away from and somewhat behind R (cts 1); hold (ct 2); pivot on both heels to complete turn (ct 3).

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Polska med Bakmes från Kall, Cont'd.

W: Same ftwk as M step, except start on ct 1 of meas 2 as described above. M and W start dancing at the same time, but the steps are displaced by 1 meas.

Resting Figure: In polska pos, M progress fwd and W bkwd with a rest step. Use this fig between turns, rather than returning to the forestep.

In Bakmes dances, the M is active in one meas, dancing past and turning ptr; while W is active in the next meas.

Alternate according to the desire of the dancers at the beg of any musical phrase. Possible progression of steps:

1. Rest Step - usually done only at beg of dance.
2. Polska
3. Transition
4. Bakmes

STIGVALS MED BAKMES FRÅN KALL

RECORD: BAND B, 2

POSITION: Polska

METER: 3/4

STEPS: Rest Step: Both start R. Step R fwd (ct 1); hold (ct 2); step L slightly past R (ct 3). Repeat with same ftwk. M moves fwd, W bkwd, L hips adjacent.

Stigvals: (2 meas per 1 CW rotation)

M - Meas 1: Step R fwd, point toe to R (ct 1); hold (ct 2); step L sdwd, point toe to R (ct 3).

Meas 2: Step R bkwd behind L (at R angle to L)(ct 1); hold (ct 2); turn on L heel 1/4 CW, then take full wt on ft to complete turn (ct 3).

W - Same as M ftwk, except start on ct 1 of meas 2 as described above. M and W start dancing at the same time, but the steps are displaced by 1 meas.

Transition to bakmes: Optional: The dancers can go directly into the bakmes or wait until they come into the correct rhythm.

Continued...

Stigvals med Bakmes från Kall, cont'd.

Bakmes: (Rotate bkwd 1 CCW turn per 6 cts or 2 per meas)

M - Meas 1: Step R fwd smoothly (ct &); step L 1/2 step in front of R, toe turned to L (ct 1); hold (ct 2); step R fwd with toes pointing L (ct 3), make 1/4 turn CCW on ball of R ft (ct &).

Meas 2: Step L 1/2 ft behind R (ct 1); hold (ct 2); pivot 1/4 turn CCW on both heels (ct 3). Repeat with same ftwk.

W - Same as M, except start on ct 1 of meas 2, as described above. M and W start dancing at the same time, but the steps are displaced by 1 meas.

Alternate according to the desire of the dancers at the beg of any musical phrase. Possible progression of steps:

1. Rest Step
2. Stigvals
3. Transition (optional)
4. Bakmes

POLKA MED BAKMES FRÅN KALL

RECORD: Band B, 6 or 7

POSITION: Polska

METER: 2/4

STEPS: Polka: (2 meas per CW turn)
A continuous, smooth flat-footed two-step in LOD. M beg L, W R.

Transition (from polka to bakmes): M face LOD, and stamp L,R (no wt on R), W holds in places or steps R,L to face RLOD (cts 1-2).

Bakmes: (1 CCW turn for 2 meas)

M - Meas 1: Step R,L fwd (cts &,1); step R fwd, toe points L (ct 2).

Meas 2: With wt on R turn 1/4 CCW, L moves in an arc bkwd (ct &); step R (instep) behind L (make "T" with ft), end facing RLOD (ct 1); with wt on both heels pivot 1/2 CCW on both heels (cts &,2).

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

Resting Fig.: Same as Rest Step, but done in even tempo.

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Polka med Bakmes från Kall, cont'd

When doing this dance always begin with polka, then do transition, bakmes, and rest step (if desired). Changes are done at will of M, but should always come at the beginning of a musical phrase.

SCHOTTIS MED BAKMES FRÅN KALL

RECORD: Side 1, Band 2

POSITIONS: Schottis: Inside hands joined and down with M hand over W and palms facing bkwd, outside hands loose at side.
Schottis omdansning and Bakmes: Polska

METER: 2/4

STEPS: Schottis: Do 2 basic schottis step fwd, followed by 2 schottis omdansning. Beg ML, WR.

Transition to Bakmes: The dancers can go directly into the Bakmes at the beg of a musical phrase by M placing W with back to LOD.

Bakmes: Same as polka step (above, but twice as fast (1 turn per meas)).

Resting Fig: Same as Rest Step, but in even tempo.

The schottis plus turn is done any number of times, followed by bakmes (polka), then rest step. Transitions are done at the beg of any musical phrase.

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