

POLSKA FRAN BODA

Source: Svenska Folkdanser II by Goran Karlholm, Johan Larsson, and Ingvar Norman. Described by Johan Larsson.

Music: Latar pa Bodamal - Boda Spelmanslag, Giga GLP-3; Latar for Gleda Fotter; Latar Till Svenska Bygdedanser, A5, 6, Sonet 2060; Latar Till Svenska Bygdedanser vol. 2, B1, 2, 3, Sonet 2069.

Position: Forestep: Couples facing in line of direction; man's right arm around woman's waist, woman's left hand either on man's right shoulder or holding under his upper right arm, outer arms waltz position at hip height.

Polska: Polska hold.

Forestep: Man: begin with weight on right heel, turn right foot to right accenting as right sole contacts floor (1), step forward on left foot (2), short step forward on right foot (3), lift left foot moving forward and lift right sole off floor at the same time (3&)
Woman: use left forestep.

Polska: Transition:
Man: while beginning turn, pivot on right sole bending knee a little (1), step forward on left foot (2), pivot on left sole simultaneously lifting right foot (2&), step on right foot even with left heel slightly apart bending both knees (3), first turn is completed as man turns on right heel lifting left foot at the same time (3&).
Woman: step on left foot first in front of man's right toe (1), right foot forward between man's feet bending knee slightly (3).

Turn:

Man: continuing count 3& of the transition step, accent right sole contact with floor simultaneously bending knee slightly (1), extend right leg (1&), step left foot forward (2), pivot on left foot lifting right foot (2&), step on right foot behind left foot (feet slightly apart with knee bent) (3), straighten right leg turning on right heel while left leg is lifted.

Note: L ft on floor on cts 2, 2&, 3

R ft on floor on cts 3&, 1, 1&

woman: Long step forward on left foot (1), pivot on left foot (1&), step on right sole next to left foot with svikt (2), step right foot between man's foot (3).