

Polska från Järvsö

(Hälsingland, Sweden)

MUSIC: Relatively slow, moderately emphasized 16th note polska from the Järvsö area.

FORMATION: Dance CW around partner and as a couple LOD around the hall.

SOURCES: Description by Bill Gooch 7/3/2002. Learned from Rune Bäcklin and Monica Olsson at Buffalo Gap, Nordic Fiddles and Feet, 7/2002. Additional references: 1) Danser från Hälsingland (p. 13, described in Järvsö, Hälsingland 5/27/65 by Göran Karlholm, Myrviken) published by Hälsinglands Distrikt av Svenska Ungdomsringen, 2002. 2) Danser från Hälsingland, a videotape published by Hälsinglands Distrikt av Svenska Ungdomaringen, 1999.

STYLING: Gently springy to match the music. Even svikt on each count.

HOLDS (3): 1) **Försteg:** Old Time Waltz Hold: M's R hand on W's midback. W's left hand holds M's R upper arm. M's L and W's R hands hold each other palms together in LOD with elbows slightly bent.

2) **Omdansning (the turn):** Modified Polska Hold: Face partner with R foot between partner's feet. M's R arm around W's waist with his R hand on her midback. W puts her L arm over M's R arm and her R arm inside M's L arm and holds his shoulders with her hands. M's L arm is bent at elbow with his L wrist draped in the crook of W's R elbow with his fist between the couple.

3) **Viltur (Resting step):** M's R hand on W's midback. W's L hand holds M's R upper arm. W's R hand open on M's L chest below L shoulder with her palm toward him. M's L hand holds W's R hand with his fingers wrapped between her thumb and forefinger with his palm toward him.

STEPS (3):

Music 3/4 1) Försteg. Danced only once at beginning of dance.

measures **Man: L (1). R (3). Woman: R (1). L (3).**

- 1 Facing LOD, step forward through outside heel (M's L, W's R) in LOD.
3 Facing LOD, step forward through inside heel (M's R, W's L) in LOD.

Music 3/4 2) Omdansning (Polska Turn). One turn per measure with svikt.

counts Keep a rolling feeling as you absorb svikt in the knees evenly on each count.

- Man: L (1). R back in LOD (2). Pivot on ball L and R heel (2&). Whole R (3).**
- 1 Step L through heel forward in LOD and around to the R with L foot turned to R.
1& Pivot about 1/2 turn CW on ball of L bringing R back (with bent R knee to be out of W's way more quickly and to be able to step farther around on next step).
2 Step ball of R (then whole foot) directly in LOD behind L heel.
2& Pivot CW on ball of L and R heel. Note: Keep L heel off floor during cts 1& - 2&
3 Take weight forward in LOD over full R. (Use body weight to move forward instead of working hard with the legs)

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Woman: Ball of R beside L (1). R forward in LOD (2). Whole L (3).

- 1 Place ball of R beside L heel bending L knee slightly.
- 2 Step forward in LOD between M's feet through R heel onto full R.
- 2& Pivot L forward & CW pivoting slightly on ball of R.
- 3 Step full L around partner outside M's R with toes pointing a little to RLOD from out of circle. Step on whole foot.
- 3& Pivot CW on ball of L bringing R back around ready for ct 1.

Music 3/4 3) Viltur or Springsteg (Walking Steps).

Continue the gentle springiness of the polska absorbing the svikt in the knees evenly on each count. Walk in LOD (M forward, W backward) stepping heels first onto whole foot one step per beat. M begins on L, W on R. Don't be hesitant.

Transition to Polska: When M's L and W's R feet are free at the beginning of each second measure, begin polska immediately. Retake the modified polska hold.

EXECUTION: Dance försteg only once to begin dance. Then alternate polska turn and resting step.

GÖRAN'S SOURCES: Olof Hammarstrand, born 1887, Skestra, Järvsö. Astrid Bergström, born 1908, Skestra, Järvsö. Lars Olsson, born 1890, Uvås, Järvsö.

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Presented by Roo Lester

Roo's Notes:

Pronunciation: POHL-skah frohn YEHRV-suh

Music: CD: *At the Jonsson's, Traditional dance tunes from central Sweden*. Bands 11 or 12.

Steps and Styling: Special Polska Hold: see Getting Primed.

Sequence: You can alternate either försteg (FUR-stehg) or viltur (VEEL-toor) with the Omdansning (OHM-dahns-ning).