

POLSKA FRÅN JÄRVSÖ
Sweden.

This dance is from the province of Hälsingland, Sweden and was presented by "Philochoros" on the West Coast in 1974, and was later taught in 1978 at various camps by Per and Magareta Jennische of "Philochoros". This dance was collected in Järvsö by Göran Karlholm from Olf Hammerstrand b. 1887, Astrid Bergström b. 1908 and Lars Olsson b. 1890.

TRANSLATION: Polska from Jarvso

PRONUNCIATION: Pol-skah from Yehrv-suh

RECORD: Regional Folkdances from Sweden, Viking SMF-200 (LP) Side 1, Band 2.

MUSIC: A slow polska from Hälsingland played in 16th-notes, 3/4 meter.

FORMATION: Cpls in a circle moving LOD.

POSITIONS: Introduction Position: Cpls in social dance pos, facing LOD with W's R and M's L arm extended twd LOD (M's palm up); W's L hand on M's R upper-arm.

Cpl turn in modified Polska Pos: Same as Polska pos except for M's L hand. M's R hand is on W's waist, while the L hand is draped over the inside of the W's elbow. W's L hand is on M's R upper-arm, while her R arm is on the inside of M's arm. M and W stand to the L of each other.

Resting Pos: Cpls in social dance pos, except that the M "pulls" his L hand close to him so that the W's R hand rests on his L chest. M face LOD and move fwd, while W face M and move bkwd.

STEPS & STYLING: Flex knees throughout dance (during all step patterns).

Introduction Steps (ftwk described for M, W use opp ftkw): Step L fwd (ct 1), twd end of ct 2, lift R ft, and step on it slightly past the L ft on ct 3 (cts 2-3). Repeat as many times as desired.

Cpl Turn Step (Main Polska step): Step is danced CW.
Men: Step L fwd with 1/4 turn (ct 1), pivoting on ball of L ft, R moves bkwd in LOD (ct &), step on R a ft's length behind the L (ct 2), simultaneously pivot on ball of L and heel of R (ct &), shift wt to full R (ct 3), bring L fwd (ct &). Repeat with same ftkw.

Woman: With wt on L, step on ball of R ft next to L heel (ct 1), step R fwd between M's ft (ct 2), pivot CW on ball of R while bringing L fwd (ct &), step fwd on L (long step)(ct 3), pivot on ball of L, the R is bround bkwd making a small half-circle (ct &). Repeat with same ftkw.

Continued...

Resting step: Short springy steps (1 step per ct) with flexed knees and placing the whole ft on the floor. M starts L, W, R.

METER: 3/4 PATTERN

The dance starts with an unlimited number of introduction steps at the beginning of a musical phrase, - done only at beginning of dance; then alternates between the cpl turn and resting step according to the desire of the cpl, at the beginning of any musical phrase.

Presented by Edward & Carol Goller
Idyllwild Workshop 1979