

POLSKA FRAN ORSA

Music: Polska from Orsa.

Positions:

Forestep: M's R hand on W's waist; W's L hand hold M's upper arm. Outer hands are joined, palms touching each other.

Polska: Same for both. R hand on partner's waist, and L holds partner's upper arm.

Forestep:

M: Ct. 1-2-3. With weight on R heel, turn R sole out slightly (ct. 1). Step forward (ct. 2 or slightly before ct. 2). Short step forward on R (ct. 3).

W: Ct. 1-2-3. Usually same as M's, except her weight remains on R sole on ct. 1, with heel raised slightly. Alternate: Step L (ct. 1-2), step R (ct. 3).

Transition to polska:

M: Ct. 1-2-3. Turn on R sole and come down on R heel with an accent (ct. 1). Step on L (ct. 2) and then start turning on L sole. Place R foot from the sole (ct. 3), and then start turning on R heel.

W: One more forestep, except that on ct. 3, turn on R sole and rock back on to R heel.

Polska:

M: Ct. 1-2-3. Having turned on R heel (ct. and-1), "press" R sole to the ground (ct. 1). Step L sole (ct. 2) and continue turning on L sole. Step on R foot from the sole (ct. 3) and turn on R heel and L sole.

W: Ct. 1-2-3-&. Step on L sole (ct. 1). Rock back and turn on L heel (ct. 1-and). L sole brought down to the ground, so that weight is on whole foot (ct. 2). Step on R sole (ct. 3), and then rock back on to R heel (ct. 3-&). The style involves almost sitting on L leg, while the R foot remains straight between the man's legs. Note that in more recent descriptions, the turn on the L heel occurs at ct. 2-and.