

POLSKOR FRÅN BINGSJÖ (Dalarna)
Polska variants from Bingsjö

Couples in an open circle which moves CCW. Like the music, the dances have a slow tempo and even accents on all three beats of the measure. Danced smoothly.

MUSIC Polska from Bingsjö (3/4 measure). Count 1, 2, 3.

I POLSKA

POSITIONS During the introduction step: The man puts his right hand around the woman's waist. The woman puts her left arm on the man's right upper arm or takes a hold of the man's upper arm from below. The man holds the woman's right hand with his left hand so that he puts his hand on top of the woman's hand, which is held out facing down, and grabs. During the turn as a couple: Polska position, but the man puts his left hand far up on the woman's right upper arm.

STEPS Introduction step: The man starts with his left foot and the woman with her right foot.
During the turn as a couple: Main polska step for man and woman.

THE DANCE The couple dances an unlimited number of introduction steps and then starts the turns. The woman starts the first turn with a "pause" on (1).
The introduction steps can then be danced between the turns when the couple feels like it.

II SPRINGPOLSKA
(Running polska)

POSITIONS During the introduction steps: Waist hold as in polska I, but the outside arms are hanging.
During the turn as a couple: As in polska I.

STEPS Introduction step: Both man and the woman start with their left foot.
During the turn as a couple: Two measures are needed for one complete turn and therefore count 1, 2, 3, 4, 5, 6. The man starts the turn with a left step forward diagonally to the right (1), a short right step diagonally to the right (2), a short left step to the right (3). The man has now almost completed a half turn around the woman. The right foot is then put down in an angle behind the left foot backward in the line of direction (4), the man pivots around and takes one step forward with the left foot, diagonally to the right (5), and a short right step forward in the line of direction (6). Notice that the fourth step always should be going backward. The woman dances the same steps as the man, but she begins her turning steps when the man takes his fourth step. The woman begins and ends the running polska one measure after the man.

THE DANCE The couple dances an unlimited number of introduction steps and then starts the turn. The introduction step can then be danced between the turns when the couple likes it.

III ENBENSPOLSKA
("One leg polska")
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POLSKA FRÅN BINGSJÖ (Continuation)
III ENBENSPOLSKA
("One leg polska")

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POSITIONS DURING THE INTRODUCTION STEP: As in polska I, or: With the inside hands held shoulder high, the man holds the woman's hand from above, outside arms hanging.

During the turn as a couple: Equilateral position but the man takes with his left hand a grip around the woman's right upper arm from below and the woman does the same with her left hand.

STEPS Introduction step: The man starts with his left foot and the woman with her right foot.

During the turn: The man starts with his left foot and takes a rather long step forward, diagonally to the right and puts down the whole foot (1). Then he pivots half a turn on the ball of the left foot and at the same time raises his right leg with bent knee and puts down left heel (2), pivots again first half of turn on ball of L foot and second half turn on heel of left foot (3)

The man is now again facing the line of direction and takes with his right foot a rather long step forward, diagonally to the right and puts down the whole foot (1), pivots on the ball of his right foot and at the same time raises his left leg slightly and puts down right heel (2), pivots half a turn again on his right heel at the same time as the left leg is raised a little more and the ball of the right foot is put down (3). In this way the man advances by one step for each measure.

The woman has the same step as in polska I.

THE DANCE As in polska I. The man's raised leg on (2) and (3) are used to keep the balance and to help the pivots.

During the turn the woman needs to take firm steps to keep the balance.
