

TYSKA POLSKA
Sweden

Tyska Polska (Shottis från Viksta) was presented by Philochoros of Uppsala, Sweden on their West Coast tour of the U.S. This schottische was called "German Polska", because everything was being called "Polska" at the time "Polskas" were so popular. This dance was collected in 1966 by Johan Larsson and Ingvar Norman from old people. This dance is from the province of Uppland, Sweden.

TRANSLATION: German Polska

PRONUNCIATION: Tiss-kah Pol-skah

RECORD: Regional Folkdances from Sweden, Viking SMF-200 (LP), Side 1, Band 3.

MUSIC: A slow schottische.

FORMATION: Cpls in a circle moving LOD. The cpl turn is CW.

POSITIONS: Waltz Position: M's R hand on W's waist, W's L hand on M's R upper-arm. W's R hand in M's L hand, which is turned palm up (inside of hands touch). Arms are somewhat held out at shldr-ht.

STEPS: Schottische steps, with the step-hops kept close to the ground.

Schottische Step: (described for M, W use opp ftwk)
Left - Step L ft fwd (ct 1), step R close to L (ct 2), step L fwd (ct 3), hop on L (ct 4). One step per meas. Repeat with opp ftwk.

METER: 4/4

PATTERN

Meas.

Start dance at beginning of any musical phrase.

- 1-2 Cpls dance 2 schottische steps in LOD, during which the M leads the W in and out of the circle in front of him. M starts L, W R.
- 3 Then they make 1-1/2 CW turns as a cpl, doing 2 step-hops.
- 4 Cpls turn 1/2 turn CW with W lift:
Women: Step on R (ct 1), leap in air (M's L hand supports W's R arm which is stiff)(ct 2), land on both ft with knees flexed (ct 3), bounce on both ft (ct 4).
Men: Step on L (ct 1), pivot on L, 1/2 CW (M's L hand supports W's R arm which is stiff)(ct 2), stamp R in place (ct 3), hold (ct 4).
Repeat dance from beginning.

Presented by Edward & Carol Goller
Idyllwild Workshop 1979