

SENPOLSKA FRÅN GIMDALEN (ÖSTRA JÄMTLAND)

Music: Band B, 7.

Positions: Forestep (optional): M's R hand on W's waist.
W's L hand in fist, around M's upper R arm.
M's L and W's R hands held forward, palm against
palm.

MUSIC FOR SWEDISH ETHNIC DANCES:

NORTHERN SWEDEN

Instruction Manual
by Kenneth Seeman

The following are some of the dances that can be done to the music on the record, Music for Swedish Ethnic Dances: Northern Sweden. Other dances may be done to some of these melodies, just as other melodies may be appropriate to some of the dances. Except where indicated, the dances are entirely free-style, so that any figure may be done as often or as long as desired. Unless specified, the dances rotate CW and progress CCW.

Since it is the character of the steps that distinguish these dances, rather than the sequence of the figures, any description can be only approximate. A totally accurate description would be similar to describing, in print, a dialect of language. Accordingly, these notes are intended as refreshers for those who have already learned the dances, and not as instructions for those unfamiliar with them.

ABBREVIATIONS

| | |
|-----|---------------------|
| M | - Man |
| W | - Woman |
| L | - Left |
| R | - Right |
| ct | - count |
| CW | - Clockwise |
| CCW | - Counter Clockwise |
| LOD | - Line of Direction |

Note: "Omdansning" refers to any turning pattern by a couple in closed position.

Polska and resting figure: M's arms clasped behind W's waist. W holds M's L upper arm with her R arm. W's L arm in fist, pressing against M's chest.

Forestep: Begin on outer foot.

Resting figure: Similar to Polska från Kall, but feet close to ground.

Omdansning: Count 1-and-2-and-3-and (1 rotation).
M: Long step with straight L leg (ct 1). Turn on L sole approximately $\frac{1}{2}$ rotation while R foot is drawn back in an arc, close to the ground (2). R foot long back, behind L heel, feet at roughly a right angle (ct 3). Turn on R heel (3-and).
W: Step back on R foot, with knee bent slightly, behind L foot (ct 1). Remain in that position (ct and-2). Short step on L, short step on R (ct and-3). W has now turned approximately $\frac{1}{4}$ rotation. Long step on L, and turn on L sole (ct 3-and).

General Comments: This is geographically close to, and similar in dance and music dialect to the Senpolska från Torp. The dance is smooth, with feet close to the ground. The man's motion tends to be forward on L and back on R, unlike most turns, where M's R foot is kept more or less between the W's legs.

SENPOLSKA FRÅN TORP

Music: Band 4, 3.

Position: High position throughout. Similar to Polska position (position # 1), except the W's L arm and W's R arm are slightly higher than the partner's arm.

Forestep: Count 1-and-2-and-3 (one measure). Step outer foot (ct 1), toes pointed in left. Draw inner foot forward, close to the ground, toes pointed toward partner (ct and-2-and). Step inner foot in front of outer (ct 3).

Frequently Used Positions

1. Polska position. M holds W with R arm around her waist, and L arm on her arm just below the shoulder. W holds M with L hand around his upper arm at the shoulder, and R arm around his arm below the shoulder, folding her R arm into his L arm.

2. Bakmes polska position: Same as # 1, but opposite in all details.

3. M's right hand around W's waist, and W's L hand around M's upper arm. M's L arm under W's arm, his L hand placed on her shoulder. W's R hand on M's shoulder, outside his L hand or arm. M's and W's forearms are vertical. This is a close position with bodies erect.

Commonly Used Dance Steps

Always start on outside foot. M's steps are described below; W dances counterpart.

Druff step (2/4 meter): a common polka variant. Count 1-2-3-4 (1 measure). Long step on L (ct 1). Short step on R (ct 2). Long step on L (ct 3). Slight bend and lift on L (ct 4). Repeat, starting on R.

Basic schottis step (2/4 meter): Count 1-2-3-4 (1 measure). Step forward on L (ct 1). Draw R foot up to L (ct 2). Step forward on L (ct 3). Lift (don't hop) on L (ct 4). Repeat, starting on R.

Schottis omdansning (2/4 meter): Count 1-2-3-4 for one rotation (1 measure). R foot between partner's legs, turn CW on L sole (ct 1), come down on L heel (ct 2). Turn CW on R sole (ct 3), come down on R heel (ct 4). Repeat, starting on R.

Polska forestep (left forestep), (3/4 meter): Count 1-2-3 (1 measure). Short step forward on L (ct 1-2). Step on R, somewhat past L foot but with L sole remaining in place (ct 3).