

SENPOLSKA FRÅN TORP
(Sweden)

Senpolska från Torp is also known in some circles as Medelpad Senpolska. Medelpad is the province from whence it comes.

Pronunciation: SEHN-pohl-skah frohn TORP

Record: Viking SMF 201 Side A/5; Viking SMF 200 Side B/3.

Cssette: Englund special cassette 3/4 meter

Position: Hambo pos throughout dance. Similar to Polska pos (pos #1), except the M's L arm and W's R are slightly further down the ptr's arm. M back to ctr.

Forestep: Ct 1,&,2,&,3 (one meas). Step outer ft (ct 1); toes pointed in LOD. Draw inner ft fwd, close to floor, toes pointed twd ptr (cts &,2,&). Step inner ft in front of outer ft (ct 3).

Omdansning: M: Cts 1,&,2,&,3 (one meas = 1 rotation). Step L (ct 1): Turn approximately 1/2 rotation on L sole (ct &); step R behind L, first on sole, then on whole ft (ct 2); turn on both heels (ct &); place soles on floor (ct 3).
W: Cts 1,&,2,&,3,& (one meas). Step R between M's legs (ct 1); small step back on L (ct &); small step again on R between M's legs (ct 2) (the W has now turned approximately 1/2 rotation); large step on L (ct 3); turn on L sole, while R ft is brought around in an arc, close to the floor (ct &).

General Comments: As is typical of senpolskor, this dance is slow, with gentle, gradual movements, the ft kept close to the floor.

Execution: Turning upper body so as to face LOD (CCW), dance forestep as long as desired. Facing ptr, turn CW with polska step as long as desired.

Original notes by Ken Seeman

Presented by Tommy and Ewa Englund