

SENPOLSKA FRÅN TORP

Music: Band A, 5.

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

Forestep: Count 1-and-2-and-3 (one measure). Step outer foot (ct 1), toes pointed in LOD. 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).

Omdansning: M: Ct 1-and-2-and-3 (one measure = 1 rotation).
 Step L (ct 1). Turn approximately $\frac{1}{2}$ rotation
 on L sole (ct 1-and). Step R, behind L, first
 on sole, then on whole foot (ct 2). Turn on
 both heels (ct 2-and). Place soles on floor
 (ct 3).
 W: Count 1-and-2-and-3-and (one measure). Step
 R between M's legs (ct 1). Small step back on
 L (ct 1-and). Small step again on R between
 M's legs (ct 2). The woman has now turned
 approximately $\frac{1}{2}$ rotation. Large step on L
 (ct 3). Turn on L sole, while R foot is brought
 around in an arc, close to the floor (3-and).

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

SHUKKBACK FRÅN HÖRSKÖP

Music: Band A, c.

Position: Polka: same position as in Senpolska från Hus.
 Three-step: closed position # 1 when CW, and # 2
 when CCW.
 Bowing: both hands on hips, fingers forward,
 shake back.

Figure 1:
 1-4: Shukkskall as in Senpolska från Hus, without
 three-step.
 Figure 2:
 5-12: Three-step (light step, between a run and a walk,
 accenting the third beat). CCW in place (do not
 progress).
 13-16: Three-step, CW in place.
 Figure 3:
 17: M and W face each other, M facing 100, and bow.
 18: Turn to back center of ring, and repeat bow.
 19: Face partner, and repeat bow.
 Figure 4:
 20: M advances to the next woman by walking to 100
 three steps, starting on R, arms hanging.

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.

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).