

SLÅNGPOLSKA FRÅN BJURÅKER
(Sweden)

Pronunciation:

- Cassette: Englund special cassette; Bygdedansmusik RC-206
Side A/11 3/4 meter
- Position: Waltz pos, W R hand in M's L. Maintain hold through-
out dance.
- Forestep: Step fwd in LOD, beg on outside ft (ct 1); inner ft
moves fwd (ct 2); step a foot length fwd on inner
ft (ct 3); outer ft moves fwd (ct &).
- Step: M: Polska turn. Step fwd on L ft (ct 1); pivot on
L ft (ct &); step on R ft a foot length behind L
ft (ct 2); pivot on L sole and R heel (ct &); R sole
touches floor (ct 3).
- W: Polska turn. Sole of R ft placed near L instep
(ct 1); step on R ft between M's ft (ct 2); step
around M on L ft and pivot on ball of L ft (ct 3).
- Execution: No set sequence.

Presented by Tommy and Ewa Englund