

Presented by James LaVita

från
SLÄNGPOLSKA FROM GAMMALKILS

Sweden

Source

SLÄNG-pohl-staal *GAMM-mahl-cheels*

Jim learned this dance from Henry Sjöberg in Stockholm, in the summer of 1984. Gammalkils is a place in the region of Öster Götland, which is southwest of Stockholm, towards the center of the country. Slängpolska are in 3/4 time.

Music

Any slängpolska from Öster Götland, such as the one on privately produced tape mentioned in class.

Hold

Walk:

M: During walk M has right hand down and slightly behind him, palm facing backwards, fingers curled up, holding W's left hand. *(any number of meas.) slight flexing of knees throughout walk.*

W: W walks behind and slightly to right of M, with fingers of left hand holding fingers of M's right hand.

Turn:

M and W stand right shoulder to right shoulder, with both M and W having right hand on partner's waist and left hand on partner's upper right arm.

Steps

Walk:

M proceeds about floor, taking one step on each beat. These steps are relatively even, though there is a very slight emphasis on ct 1). W follows M around floor in position described above. The couple may wander at random about the dance space.

Transition: *(usually take 2 meas.)*

When M finds the spot where he wants to begin the polska turn, he draws the W around in front of him and assumes the polska position. This might take two full measures. The couple marks time and prepares for the polska as follows: ct 3&) with feet together, both rise slightly on the balls of the feet, ct 1) come down onto full foot, with slight bend in the knees, ct 1&) rise slightly on balls (not as far as on ct 3&), ct 2) come down on full foot, ct 2&) same as ct 3&, ct 3) same as

Continued.

ct 1. This step may be done a few times as preparation for the polska, say, for example, while waiting for the beginning of the phrase or to be sure one has the beat.

Polska:

ct 1) both partners put (fling) L ^{fling} ~~across~~ R, touching ball of L, L is in front of R with L heel across in front of R, ct 2) both partners pivot at least 1/4 turn on the soles of the feet, ct 3) step across L with R.

Polska turn may be done for any number of measures, at M's discretion. The couple will then open up and begin walking to begin the dance again. *when beginning dance again, you usually begin at start of musical phrase.*

Comments

The term "slängpolska" is used in at least two different ways in Sweden. In central Sweden, say in Jamtland and Medelpad, the prefix "släng" refers to a quicker polska, to distinguish it from a slower, or "sen" polska. These central Swedish slängpolskor, as a rule, progress around the room, as does the waltz. However, south of Lake Mälaren the term "slängpolska" refers to dances that are done in place, or "på fläck". It has been suggested that, at one time, all polskor revolved about one spot, and that some of them began to move about the room only in the last century, under the influence of the waltz and polka. In other words, these stationary versions are relics of the very earliest couple dance forms in Sweden.