

SLÅNGPOLSKA FRÅN SKÅNE  
Slang-polska from Skane

The dance is one of the older types of the polska, which are danced on the spot (18th century). It's lively.

MUSIC: Slang-polska from Skane (3/4 meter). Count 1-and, 2-and, 3-and on every measure.

POSITIONS: I: Couple facing each other with a low double hand hold.

II: Equilateral position when the couple turns CW, and reversed equi-lateral position when the couple turns CCW.

STEPS: Outside foot = left. Left foot one step forward (1-and), right foot one step forward (2), left foot close to right heel (and), right foot one step forward (3-and). (CW)

CCW: Outside foot = right. Same steps as above with opposite footwork.

THE DANCE: Measures 1-8, 1-8: Start with position I; the couple turns CW.

The couple lean away from each other but their feet are close together.

Small steps. On measure 8 let go of the hand hold and both the man and the woman make one turn CCW separately, one step to a beat - left, right, left. On the last two beats of the measure they clap their hands, one clap on each beat and the steps are emphasized. Continue with position I in

the opposite direction (CCW). Right foot is now free to start the step. The turn on the 8th measure is done CW with right, left, right step.

Measures 9-16, 9-16: The couple begins to dance CW in position II. The

turn on the 16th measure is done in the same manner as on measure 8

and the couple dances CCW with position II. New turn on measure 16 and the dance starts from the beginning.