

SLÄNGPOLSKA FRÅN TORP (MEDELPAD)

Music: Band A, 1; B, 8.

Positions: Forestep and Omdansning: same as in Senpolska från Torp.

Forestep: Count 1-2-3 (1 measure). Step on outer heel, immediately followed by marked placement of sole (ct 1). Toe pointed in LOD. Draw inner foot, at right angle to outer, along the floor (ct and-2-and). Step on inner foot, placing it just past outer (ct 3).

Omdansning: Count 1-and-2-and-3-and (1 measure = 1 rotation).
M: Step L sole (ct 1-and), followed by L heel (ct 2). Turn on L heel (ct 2-and or slightly after). Come down on L sole and R foot starting from heel, R foot between W's legs (ct 3). Turn R sole (ct 3-and).
W: Step R (ct 1). Turn R sole and-2-and. Slight leap onto L (ct 3). Turn, L sole (ct 3-and).

General Comments: When M wishes to indicate that he is about to start the omdansning, he will jump on both feet, the R slightly before the left (ct 1), then step on R (ct 3), for his last measure of the forestep. On the last measure of the omdansning, W may take a somewhat larger jump onto L on ct 3. Note that slängpolska, while in other parts of Sweden designating dances rotating around one spot on the floor rather than progressing, here designates a progressing form of polska (rundpolska) with a lively character.

STIGSCHOTTIS FRÅN BALL

Music: Bands A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z.

Positions: Schottis: same as Schottis från Ball.
Forestep: position as in Forestep.
Stigschottis: position as in Schottis från Ball. L hands on waists, R hands on upper arms (just below shoulders for both M and W).

Schottis: Same as Schottis från Ball.

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).