

# Springpols

(Norway)

Springpols (or springpolka) is found mainly along the border with Sweden. This version is from Østerdal, a valley near the eastern border of Norway. The dance is usually put into the “gammeldans” family, although it has many close relatives that are “bygdedans”. This version has approximately the same footwork as the Swedish hambo, but the style is lighter and bouncier. The source is Klara Semb, *Norske Folkedanser II*, Oslo 1983. ISBN 82-522-0100-8. (Not included in newer versions of the book). The dance is also popular in folk dance groups where I have danced for the last 20 years.

Pronunciation:

Music: Dans Norsk, Heilo PAK 1004, Side 2/5, “Springpolka etter Åmoten”. 3/4 meter

Formation: Couples around the room. Face ptr, hold M L and W R (or both hands) at shldr height.

Style: In the turn, there is one bounce on each ct. The feeling is light.

## Meas

## Pattern

- 1 M step on L in place (ct 1); hold (ct 2); hop on L, straightening R leg slightly fwd (ct 3). W use opp direction and ftwk.
  - 2 Repeat meas 1 with opp direction and ftwk.
  - 3 Face LOD. M dance fwd L (ct 1); R (ct 2); L (ct 3). W use opp ftwk.
  - 4 M step fwd on R (ct 1); L (ct 2); close R to L (ct 3). In this meas, he moves across in front of W, joining in cpl pos. M ends facing ctr with wt on both. W step fwd on L (ct 1); wait (ct 2); step fwd on R (ct 3). Cpl pos: Hold R arm around ptrs waist (or on shoulder blade), L hand on ptrs R shldr. Ordinary shoulder-waist pos can also be used.
  - 5 Make one full turn CW. M step twd ptr on R (ct 1); around her on L (ct 2); close R to L with wt on both (ct 3). W step around ptr on L (ct 1); close R to L with wt on both (ct 2); step on R twd ptr (ct 3). Both do the “same” step, but it is displaced with respect to the music. Face the ctr when you are standing on both ft.
- In early descriptions, it says that you should do a dip when you are standing on both ft. This is very odd, since you and your ptr do not have the same bounce (or “svikt”) pattern. Today, the W usually follows the M’s svikt.
- 6-7 Repeat meas 5 twice more.
  - 8 M step twd ptr on R (ct 1), jump onto both ft or stamp L beside R without wt (ct 2), wait (ct 3). W step around ptr on L (ct 1), jump on both ft or close R to L (ct 2), wait (ct 3).

Resume starting pos at the end of the meas.

Presented by Alix Cordray