

VESTERBOPOLSK (Denmark)

Source: "Old Danish Folkdances," published by Foreningen til Folkedansens Fremme, Copenhagen.

Record: Aqua Viking V401B

Formation: Any number of cpls in a circle.

Steps: Hopping step (Step-hop), Hopsa, and Reel (Danish Reel).

Measures Pattern

- I.
- 1 - 8 a. Big circle CW, 8 Hopping steps.
 1 - 8 Big circle CCW, 8 Hopping steps.
 9 - 16 b. Cpls in hip-shoulder pos, 8 Hopsa steps to the R CCW in circle.
 9 - 16 Cpls in hip-shoulder pos, but the M and W have their R sides adjacent, and the R arms of the W are held stretched out in front of the chest of the M. Both of them are hopping around bwd on the R ft. The L ft is kept stretched out with the ball of the ft close to the floor. 16 Hopping steps.
- II.
- 1 - 8 a. 8 Reel steps in front of own ptr with arms akimbo.
 1 - 8 8 Reel steps in front of corner with arms akimbo.
 *Webster: "With the hand on the hip and the elbow turned outward."
 9 - 16 Repeat action of Fig I, part b. with the corner W.
 9 - 16 Continue dancing Fig II to the end of the music.

Presented by: Lawton Harris