

Gammalpolska från Föllinge

(Jämtland, Sweden)

Description by Bill Booch 6/24/95. Learned from Ernst Grip and Beret Bertilsdotter at Scandia DC Dance & Music Weekend, Cherry Hill Park, MD, 2/25-2/26/95. Additional references: A videotape of the teachers made on October 18, 1994 in Tumbaken Hembydsgården in Föllinge, Sweden.

Pronunciation:

Music:

3/4 meter

Formation: Dance CW or CCW around ptr while dancing as a cpl LOD around hall.

Styling: Close, light, and flowing.

Holds: Försteg: Both face LOD with M to L of W. M's R hand low on W's lower back. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulder blade.

Omdansning (polska turn): Modified Polka hold: More to the side of your ptr's upper body than in regular polska pos. M puts his R arm around W's L side with his R hand on her back. (Note: She keeps her wt a little fwd, never back on her heels.) M's L hand on W's upper arm. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulder blade. W's R arm inside the M's L arm and holding his L shldr with her R hand. Your ptr's upper body is to the R of your upper body instead of nearly directly in front of you as in many polskas. R between ptr's ft. Inside R knees/thighs touch and support ptr. Body contact from knees to shldr.

Viltur & Frammes (Slow, fwd turn): Side-by-side pos. Similar to omdansning hold but with R ft to R of ptr's R, not between ptr's ft. W's L hand holds M's upper R arm. Stand slightly more fwd than usual in relation to your ptr so that you and your ptr make a straight line with your bodies.

Cts

Pattern

I. FÖRSTEG: Chug inside ft (ct 1); step outside ft (ct 2); step inside ft (ct 3).

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| 3& | Wt on inside ft, chug (or hop) fwd swinging outside ft fwd. |
| 1 | With inside knee bent slightly, land on inside ft (ct 1) with outside leg and ft extended fwd. Touch outside heel fwd with toes pointed near floor. |
| 2 | Shift full wt fwd to outside ft. |
| 3 | Step fwd on inside ft. |

II. OMDANSNING (Polska Turn): Step on cts 1 & 3. 1 turn per meas.

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| | <u>W's turn</u> : R fwd (ct 1); pivot on R (cts 1&-2&); ball of L on floor (ct 2&); shift full wt to ball of L (ct 3); pivot on ball of L (ct 3&). |
| 1 | Step through R heel fwd btw M's ft LOD. |
| 1&-2& | Pivot CW on ball of R and begin touching ball of L on floor. |
| 3 | With back in LOD, shift wt onto ball of L without touching heel to floor. |
| 3& | Pivot CW on ball of L. |

Gammalpolska från Föllinge—continued

- M's turn: L back LOD (ct 1); pivot on ball of L (ct 2); R fwd (ct 3).
 3& Pivot CW on ball of R so that back is in LOD.
 1 With back in LOD, step back onto ball of L without touching heel to floor.
 1&-2& Pivot CW on ball of L.
 3 Step through R heel fwd between W's ft LOD.

VILTUR: Keep omd. hold. M goes fwd L-R (cts 1-3) in LOD; W bkwd R-L (cts 1-3).

Transition from Omdansning to Frammes:

M: During meas 1, M dances a non-chugging försteg so that he is beside W with his R stepping beside W's R (not between her ft) (ct 3). Dance two more L försteg LOD going fwd and stepping L-R (cts 1 & 3) to have L ready on ct 1 of the frammes. During meas 3, stamp L on ct 1.

W: At the beginning of meas 1 of the transition, W changes ft by stepping quickly R-L (cts &1 and 1). Also during that meas, W changes her hold so that her L hand holds M's upper R arm. Dance 3 more non-chugging, L-footed försteg LOD going bkwd and stepping L-R (cts 1 & 3) to have L ready on ct 1 of the frammes.

FRAMMES: 1 CW turn = 2 meas. Count 1-3-4-6, L-R-L-R.

M: L fwd (ct 1); R fwd (ct 3); L back in LOD (ct 4); R back in LOD (ct 6).

W: L back in LOD (ct 1); R back in LOD (ct 3); L fwd (ct 4); R fwd (ct 6).

M starts here.

- 1 Step L fwd around to R of LOD. *M stamps lightly on 1st frammes only.*
 3 Step R farther around to R of LOD.
 3& Pivot 1/2 turn CW on ball of R.
W starts here.
 4 With back twd LOD, step L back LOD.
 6 Take a long step back in LOD onto R. M draws/pulls W around twd R.
 6& Pivot 1/2 turn CW on ball of R.

Transition from frammes to försteg: W: Step L-R-L on final meas of frammes to have R ready for the försteg. (She can use a different method but must make sure to have the R ready.) M has wt on R after any frammes and returns to försteg when he is facing LOD.

EXECUTION

Dance a sequence of 3 meas försteg; 5 meas omdansning; 4 meas viltur; 4 meas omdansning. Follow with transition and frammes. Repeat sequence as many times as desired and music allows. Specific length of each part of the sequence may vary as long as the dancers match the dance to the music and its phrasing.

ADDITIONAL INFORMATION

Ernst Grip learned this dance from people in Föllinge in the 1930s when he was 10-13 years old. He was reminded of this dance in the military service during World War II (1941-1945) near the Norwegian border waiting for the Germans who did not arrive. The Swedes danced instead of fighting Germans. Ernst learned to dance both the M's and W's parts.

Presented by Roo Lester