

## Bondpolska från Överhärde

(Sweden)

Bondpolska från Överhärde (boond-POHL-skah frohn ur-verr-HEHR-duh) is a polska variant from Överhärde, Gästrikland. Bonde means "peasant" or "farmer." It was presented by Tommy and Ewa Englund at the 1986 Bay Area Festival and at the 1989 University of the Pacific Folk Dance Camp.

CASSETTE: Englunds U.S. Tour 1989 RC 216 (Jacket says RC 217) Side B/4;  
Bygdedansmusik RC 206 Side B/6. 3/4 meter

FORMATION: Ptrs are close together in modified polska hold, M facing in LOD (CCW).  
Modified polska hold: M R hand on W back above waist, M L under W R arm and holding onto W R shldr from the back. W R hand on M L shldr, L hand on M R shldr, both arms on the outside of M arms.

STEPS and STYLING: Försteg (FUR-stayg): Description for M, W dance counterpoint.  
Turning slightly CCW, step on L diag fwd L, bending knee (ct 1); step sdwd on ball of R ft (ct 2); step on L beside R, bending knees (ct 3); straighten knees (ct &). Step alternates with meas 2 beg on R ft, turning  $\frac{1}{4}$  CW on ct 1. Each meas has a feeling of down (ct 1), up (ct 2), down (ct 3), up (ct &).  
Försteg may be danced moving fwd with no diag movement.

Polska: One meas completes one full turn CW while moving in LOD.

M: Step on ball of R ft in LOD (and twd ptr) beg a CW turn (ct 1); step on L in LOD continuing the turn (ct 2); stepping on R heel near L, continue the CW turn by pivoting on R heel and ball of L ft (ct 3). Ball of R ft doesn't contact floor until ct 1 of next meas. Step repeats exactly.

W: Step bkwd on L in LOD, beg a CW turn (ct 1); touch sole of R ft near L, continuing the turn (ct 2); step fwd on R in LOD, continuing the turn (ct 3). Step repeats exactly.

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MUSIC	3/4 meter	PATTERN
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Measures

INTRODUCTION No action. The two cassettes listed have two meas of introduction. Beg dancing at the start of a musical phrase.

### I. FÖRSTEG

Any odd number Beg ML, WR dance an uneven number (3,5,etc) of Försteg ending with MR, WL ft free.

### II. RUNDPOLSKA (rewnd-POHL-skah)

Any number Dance as many polska steps as desired (usually an even number), turning CW and progressing in LOD. On last meas of Rundpolska, M end facing LOD. Most dancers continue the Rundpolska until just before the last measure of the musical phrase which is then used for the Transition.

### III. TRANSITION

1 meas      Description for M, W dance counterpoint.  
Facing in LOD, step on R in place, bending knees (ct 1); touch sole of L ft  
beside R, straightening knees (ct 2); bend knees again (ct 3); straighten  
knees (ct &).

DANCE SEQUENCE: Dance pattern in order as written (Försteg, Rundpolska, Transition)  
until music ends.

When dancing an 8 meas phrase, a popular sequence is:

3 meas - Försteg

4 meas - Rundpolska

1 meas - Transition