

# Innherredspols

(Norway)

Innherredspols (IN-hehr-ehds-pohls) was first introduced by Ingvar Sodal at the 1974 Mendocino Folklore Camp.

RECORDS: RCA FEP-14 S1/B4; RCA YNUL 1-803 S2/B1 (Good but short); CBS S-63498 S1/B1; 3/4 meter  
Other pols may be used, but not all pols are suitable.

FORMATION: Cpls randomly spaced about the floor, facing ptr, M back to ctr, MR, WL hands joined at shldr level, free hands on hips, thumbs fwd.

STEPS: Introductory Step: Described for M, W opp. Small preliminary hop R (ct ah); step L ft schwd twd LOD (approx 12" apart), keeping both ft on floor (ct 1); step R beside L, (M may raise L behind) (ct 2); step L fwd in LOD, beg to turn CCW away from ptr (ct 3). End back-to-back after next preliminary hop L (ct ah). Step alternates.

Pols Step: M: Step L around in front of ptr twd LOD (ct 1); bring R beside L. With wt on both ft, bend knees making a slight dip and continue to turn CW with ptr. (Should be 1/2 way around, facing twd ctr) (ct 2); step fwd R in LOD, completing the turn (ct 3). Step repeats exactly.

Pols Step: W: Step on both ft together, bending knees making a slight dip (ct 1); step fwd LOD on R into CW turn with ptr (ct 2); step L bkwd in LOD, completing turn (ct 3). Step repeats exactly.

STYLING: In Norway all steps have a bouncy feel.

Pols Step Diagram:

	ct1	ct2	ct3
M:	L	Both	R
W:	Both	R	L

MUSIC 3/4

PATTERN

measures

INTRODUCTION Beg as desired

I. INTRODUCTORY STEP FORWARD. FACE-TO-FACE AND BACK-TO-BACK

any number Beg ML, WR, move fwd in LOD, dancing the Introductory Step face-to-face and back-to-back with ptr, swinging joined hands and arms bkwd and fwd at shldr level while progressing in LOD or CCW around the room. Dance as many as M desires, usually 4 to 8, or until end of a musical phrase.

II. POLS STEP TURNING

any number Take closed pols pos: MR hand on or around W waist or higher, ML hand on WR shldr blade; WR reaches under ML arm on his L shldr blade; WL on MR shldr. Face ptr squarely, hold on firmly, and lean in twd ptr a little. Dance the Pols Step, turning CW and progressing in LOD around the room. Dance as many as M desires, usually 8 or to the end of a musical phrase.

NOTE: During the Pols Step turning, the dip is out of phase with the W dipping on ct 1 and the M on ct 2.

Release pols pos and join MR, WL hands to repeat dance from beg.