

Slängpolska från Enånger

(Sweden)

Slängpolska från Enånger (SLENG-pohl-škah frohn EE-ah-nohn-gehr) is from the eastern coast of Sweden, in the province of Hälsingland. The dance was presented by Tommy and Ewa Englund at the 1986 San Francisco Bay Area Scandia 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/7;
Bygdedansmusik RC 206 Side B/10 3/4 meter

FORMATION: Cpls in open ballroom pos facing in LOD (CCW). M R hand on W back and W L hand on M R shldr. M L and W R hands are joined palm to palm.

STEPS and STYLING: Rocking Pattern (1 pattern to 4 cts): Walk fwd two steps (L,R) in LOD (cts 1,2); leaving R ft where it is, step (rock) fwd on L ft (ct 3); leaving L ft where it is, shift wt (rock) back onto R ft (meas 2, ct 1). Pattern repeats exactly. May also beg with R ft. Pattern might be cued: walk, walk, rock, rock.

This is diagrammed as follows:

	Meas 1			Meas 2			Meas 3			Meas 4		
Count:	1	2	3	1	2	3	1	2	3	1	2	3
Rocking Pattern:	[walk walk rock rock] [walk walk rock rock] [walk walk rock rock]											

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

M: Step sdwd in LOD on sole of L ft and make 1/2 turn CW (ct 1); step on R ft about a ft length behind L heel while bending both knees a little, wt on both ft (ct 2); raise soles of both ft and continue turning CW on both heels (ct &); set both soles on floor, having completed a full turn CW (ct 3). At very end, shift wt onto R ft.

W: Beg a CW turn, touch R sole near L ft (ct 1); continuing the CW turn, step on R ft fwd between M ft (ct 2); completing the CW turn, spring lightly onto sole of L ft, bending L knee.

MUSIC 3/4 meter

PATTERN

Measures

INTRODUCTION No action. Depends on the recording. The cassettes listed above each have 2 meas introduction.

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Measures

I. FÖRSTEG (FUR-stayg)

1-4 Beg ML, WR dance 3 Rocking Patterns (a total of 12 cts or 4 meas). End in shldr-shldr blade pos (M hands on W shldr blades, W hands on M shldrs) with M back to ctr. Arms are rounded.

II. RUNDPOLSKA (rewnd-POHL-skah)

Any number Dance as many Polska steps as desired (usually 4 or 12), turning CW and moving in LOD. At end, take open ballroom pos facing in LOD to repeat Försteg.

DANCE SEQUENCE: Dance pattern as written alternating between Försteg and Rundpolska.