

Springpolka etter Arnesen

(Norway)

This dance belongs to the springpolka family – a group of dances related to the hambo, all with a fixed 8-measure pattern. I learned this dance in Oslo from Arne Arnesen, who learned it from his mother in Bergen. He told me that the dance was popular at gammeldans (old-time dance) events attended by people of his parents' generation, people now in their 70s and 80s.

The dance has two measures of the characteristic western Norwegian masurka step (called “polkamasurka” or “polka med støyt” step). It also features a *synchronous* turn, where the woman and man do mirror images of the same step. Contrast this with hambo, an *asynchronous* turn where the man and woman do the same step shifted in time. Synchronous turns are common throughout western and northern Norway. Presented by Alix Cordray at the 2005 Stockton Folk Dance Camp.

Pronunciation: SPRING POHL-ka eht-teh AHR-ne-sehn

Music: Any squarely phrased springpolka, polkamasurka, or masurka, preferably from western Norway.
CD: *Sving Deg*, Band 3; *Grenseløst*, “Takk for maten,” Band 9. 3/4 meter

Formation: Face ptr, M back to the ctr of the room. Join both hands.

Steps: Sleng step: M step on L (ct 1); hold (ct 2); bounce on L while swing R ft diagonally fwd L (ct 3). W do the same with opp ftwk.
Polkamasurka step: M step on L to L with slight stamp (ct 1); step on R beside L (ct 2); sharply kick L diag fwd low (ct 3). Repeat on same ft. W do the same with opp ftwk.

Meas	3/4 meter	Pattern
------	-----------	---------

Ftwk is given for M. W use opp ftwk.

- | | |
|-----|--|
| 1 | Dance one Sleng step L. |
| 2 | Dance one Sleng step R. |
| 3-4 | Keeping both hands joined and face slightly LOD, dance two Polkamasurka steps. |
| 5-6 | Keeping both hands joined, turn to face LOD with 6 small steps, M starting L and W R. On cts 5 and 6, M moves in front of W and starts to change pos to get into shldr-waist pos. |
| 7-8 | In shldr-waist pos, turn twice CW with synchronous turn. In each meas, M step on L around W (ct 1); hop or lift on L (ct 2); step on R twd W – between her ft (ct 3). W step on R twd M— between his ft (ct 1); hop or lift on R (ct 2); step on L around M (ct 3). M can decide to use Ballroom or Closed hold. |

As dance starts over, assume the original starting pos.

Cue: 2 meas each of: Sleng, Polkamasurka, run, turn.