

SEATTLE POLKA  
(Norway-U.S.A.)

An Americanized version of Norwegian "Parisarpolka", this traditional oldtime dance is also known as "Scandinavian Polka" in California and other western areas, and "Norwegian Polka" in New York and East Coast areas. It was learned from living tradition in Seattle in 1949 by Gordon E. Tracie, and taught at Skandia Folkdance Society, Seattle by him.

Record: Viking V-806a 2/4 meter

Formation: Cpls in a random circle facing LOD with inside hands joined. W to R of ptr.

MeasPattern

- A. Forward and back
- 1-2 Beg outside ft (M L, W R) move fwd in LOD with 3 steps (cts 1,2,1); M stamp R ft, no wt, W touch L ft (ct 2).
- 3-4 Release joined hands, each turn inward to face RLOD and join inside hands. Beg on new outside ft (M R, W L) take 3 steps in RLOD followed by a touch, at same time each clapping own hands twice in rapid succession (step, step, step, clap-clap).
- B. Transition and closed pivot-spin
- 5 M turns CW on L ft, then steps between W ft with his R ft, into LOD, to assume closed shldr-waist pos. W steps R,L.
- 6-8 Cpl rotates CW with running-type pivot-spins, M stepping L,R; W stepping R,L, on each of 3 meas, making 3 complete revolutions in all.

Repeat patterns A B to end of music.

Variations on A

- 1-2 One or both ptrs can turn outward (M L, W R) on first 3 steps, and then one or both ptrs can turn outward in the opp manner in the other direction. OR:
- 1-2 M can move fwd and back as in basic form, while W twirls as many times as is practicable, in each direction.

Presented by Gordon E. Tracie