

# Åtabakspolska från Föllinge

(Jämtland, Sweden)

Description by Bill Gooch 9/2/95. Learned from Ernst Grip and Beret Bertilsdotter at Scandia DC Dance & Music Weekend, Cherry Hill Park, MD, 2/25-2/26/95. Additional references: A videotape of the teachers made on October 18, 1994 in Tumbaken Hembydsgården in Föllinge, Sweden.

Pronunciation:

Music:

3/4 meter

Formation: Dance CW and CCW around ptr while dancing as a cpl CCW around hall.

Styling: Smooth, slow movements.

Holds: **Försteg:** Face generally LOD, but turned slightly twd ptr with M to L of W. M's R hand low on W's lower back. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulderblade. M holds W's R fingers from above with his L hand, palms down.

**Omdansning** (polska turn): **Modified Polka hold:** More to the side of your ptr's upper body than in regular polska pos. M puts his R arm around W's L side with his R hand on her back. (Note: She keeps her wt a little fwd, never back on her heels.) M's L hand on W's upper arm. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulder blade. W's R arm inside the M's L arm and holding his L shldr with her R hand. Your ptr's upper body is to the R of your upper body instead of nearly directly in front of you as in many polskas. R between ptr's ft. Inside R knees/thighs touch and support ptr. Body contact from knees to shldr.

**Polkettering:** Same as omdansning pos described above.

**Bakmes:** Modified Reverse Polska Hold: Stand to ptr's L with L shldr facing ptr's L shldr and L outside ptr's L. M's L arm around in front of W and around W side with L hand on ptr's mid back. M's R hand on W's upper L arm. W's hands hold M's upper arms. Communicate with your ptr by turning your head twd him/her but not looking into his/her eyes.

Cts

Pattern

I. **FÖRSTEG:** Step outside ft (ct 1); step inside ft (ct 3).

- 1 Step fwd in LOD through heel on outside ft.
- 2 Shift full wt fwd to outside ft while dragging inside ft fwd between you and your ptr and inside toes pointed generally twd ptr.
- 3 Step fwd on inside ft with inside toes still facing twd ptr.

II. **OMDANSNING** (Polska Turn): Step on cts 1 & 3. 1 turn per meas.

**W's turn:** R fwd (ct 1); pivot on R (cts 1&-2&); ball of L on floor (ct 2&); shift full wt to ball of L (ct 3); pivot on ball of L (ct 3&).

- 1 Step through R heel fwd btw M's ft LOD.
- 1&-2& Pivot CW on ball of R and begin touching ball of L on floor.
- 3 With back in LOD, shift wt onto ball of L without touching heel to floor.
- 3& Pivot CW on ball of L.

## Åtabakspolska från Föllinge—continued

- M's turn: L back LOD (ct 1); pivot on ball of L (ct 2); R fwd (ct 3).  
 3& Pivot CW on ball of R so that back is in LOD.  
 1 With back in LOD, step back onto ball of L without touching heel to floor.  
 1&-2& Pivot CW on ball of L.  
 3 Step through R heel fwd between W's ft LOD.

POLKETTERING: Beg with 1/4 turn CCW, then turn CW.

- 1 Dance three steps (one on each musical ct), beg M's L and W's R, turning less than 1/2 turn CCW and moving in LOD.  
 2 Dance three steps (one on each musical ct), beg M's R and W's L, moving in LOD with M going fwd, W backing in LOD.  
 3-7 Dance three steps per meas making one full turn CW during 2 meas. Continue moving in LOD.  
 8 Transition from polkettering to bakmes: M changes cpl's orientation to each other so that they end side-by-side to ptr's L. M simultaneously steps R-L-Slap R hand with R heel ready to step onto his R ft to beg the bakmes. W steps L-R-Hold to get on correct ft ready to "plant" the bakmes.

BAKMES: 1 CCW turn = 2 meas. M starts meas/ct 1/1; W starts on 2/1.

M starts here: R-L-R (meas 1); plant L (meas 2, ct 1); bend knees (ct 2); pivot on heels (ct &); full ft on floor (ct 3).

- 1 1 Step on R in LOD to beg CCW turn.  
 2 Step on L in LOD but turning toes to face/move twd ctr of circle.  
 3 Step through R heel with toes facing ctr.  
 & Pivot on ball of R ft CCW.

W starts here: Plant L (ct 1); bend knees (ct 2); pivot on heels (ct &); full ft on floor (ct 3); R-L-R (meas 2).

- 2 1 Plant L ft with L arch behind R heel.  
 2 Continue body's CCW turn but without moving ft.  
 2& Pivot CCW on both heels.  
 3 Plant full ft with toes facing almost LOD.

Transition from bakmes to försteg: W finishes bakmes with R-L-Hold in place to have R ready for the försteg. M steps L-R-Hold.

### EXECUTION

Dance a sequence of 3 försteg followed by polska turns (omdansning) during the 8-meas musical phrase. Then dance a phrase (8 meas) of polkettering followed by a phrase of bakmes. Repeat sequence until music stops. The cpl can vary the length of any part while fitting the sequence to the phrasing of the music.

### ADDITIONAL INFORMATION

Ernst Grip learned this dance from people in Föllinge in the 1930s when he was 10-13 years old. He was reminded of this dance in the military service during World War II (1941-1945) near the Norwegian border waiting for the Germans who did not arrive. The Swedes danced instead of fighting Germans. Ernst learned to dance both the M's and W's parts.

Presented by Roo Lester