

JÄMTLÄNSK POLSKA MED BAKMES
(Sweden)

Jämtlandsk polska med bakmes comes from the district of Kall, province of Jämtland, Sweden. It was learned in Sweden in 1970 by Gordon Tracie and taught by him at Skandia Folkdance Society in Seattle, Washington.

Pronunciation: YEMT-lendisk POHL-skah meh BAWK-mehs

Record: Viking SMF 201, side B, bands 1 and 3. 3/4 meter.

Formation: Cpls in random circle, progressing in LOD.

Steps: Jämtlandsk Bakmes Step in Triple Meter - 3/4 Polska
Rhythm: (2 meas = 1 revolution)

Upbeat quickly glide R ft up to L ft;
ct 1 step diag CCW on L ft;
2 pivot CCW on L sole while R ft swings arnd CCW in an arc;
3 step R ft in front of L ft to form a "T";
4 step L ft behind R ft so that L toe and R heel are somewhat adjacent to form a R angle, and with wt on both ft, dip slightly by gently bending both knees;
5 retaining wt on both ft, begin to raise from dip by lifting both soles so as to turn CCW simultaneously on both heels;
6 continue to turn on both heels so as to complete one revolution in the six cts.

Note: The following parts are not figures in the regular sense, but an introduction plus turn and rest-step, with no fixed number of measures for each.

INTRODUCTION: OPEN POLSKA FORWARD ("försteg")

In open shldr-waist pos, free hands loose at sides, beginning on outside ft, cpl moves fwd in LOD with open polska steps.

CLOSED POLSKA TURN ("rundpolska")

Whenever desired, cpl assumes closed basic polska hold, and rotates CW with full turn polska steps, as follows:

M: ct 1 step diag CW on L ft to begin pivot on L sole;
2 step R sole about a foot-length behind L ft, somewhat adjacent to form a R angle, while retaining wt on L ft (= "both");
3 pivot simultaneously on R heel and L sole so as to complete one full revolution CW.
W: ct 1 step fwd on R ft;
2 step on L ft to begin CW pivot;
3 arc R ft around CW close to L ft, "skimming" but not actually touching floor.

Transition to reverse-turn:

M: wait in place one meas with wt on both ft, while bringing W over to L side into reverse sidecar hold.

JÄMTLÄNSK POLSKA MED BAKMES (continued)

W: wait in place one meas, stepping on R ft, followed by L ft placed one half foot-length somewhat behind R ft while assuming reverse sidecar hold.

REVERSE TURN ("bakmes")

In reverse sidecar hold, cpl turns CCW as described for triple-meter Jämtländsk bakmes step, above, as many series of six cts as desired.

REST STEP ("viltur")

Taking regular sidecar hold, cpl progresses fwd in LOD, M dancing fwd and W bkwd, with basic polska steps (as in open polska).

Cpl may revert to either closed polska turn or reverse turn, at will.

Following introduction, the closed polska turn, reverse turn, and rest steps may be danced at the cpl's discretion, any one, two, or all three of the figures, as music and mood dictate.

Presented by Gordon E. Tracie

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Pronunciation: YEMT-lenssk POHL-kah meh BAWK-mehs

Record: Viking SMF 201, side B, band 4;
Viking V-800, side B (45 rpm). 2/4 meter.

Formation: Cpls in a random circle, progressing in LOD.

Steps: Jämtländsk Bakmes Step in Duple Meter - 2/4 Polka
Rhythm: (2 meas = 1 revolution)

Upbeat quickly glide R ft up to L ft;
ct 1 step diag CCW on L ft;
2 while pivoting on L sole, step R ft in front of L ft to form a "T";
3 step L behind R ft so that L toe and R heel are somewhat adjacent to form a R angle; at the same time, with wt on both ft, dip slightly by gently bending both knees;
4 raise both soles so as to turn CCW simultaneously on both heels, completing one revolution in the four cts.

Note: The following parts are not figures in the regular sense, but three different responses to the music, with no fixed number of measures for each.

CLOSED POLKA TURN ("rundpolka")

In closed basic polska hold, beginning on M L and W R ft, cpl turns CW and/or CCW with "druff" polka steps, as long as desired.

"Druff" polka: basically a two-step (no hop), danced with considerable "svikt" (= springiness) in the knees.

Transition to reverse-turn:

M: stamp L ft on ct 1, then step R,L on cts &,2, while bringing W over to L side into reverse sidecar hold.

W: step R ft on ct 1, and place L ft one-half foot length somewhat behind R ft on ct 2, while assuming reverse sidecar hold.

REVERSE TURN ("bakmes")

In reverse sidecar hold, cpl turns CCW as described for duple-meter Jämtländsk bakmes step, above, as many series of four cts as desired.

REST STEP ("viltur")

Same as in polska, except with even rhythm steps instead of polska.

Cpl may revert to closed polka turn, reverse turn, or rest steps at their discretion.

Presented by Gordon E. Tracie

FOLK DANCE CAMP - 1981

JÄMTLÄNSK SCHOTTIS MED BAKMES
(Sweden)

Jämtländsk schottis med bakmes comes from the district of Kall, province of Jämtland, Sweden. It was learned in Sweden in 1970 by Gordon E. Tracie and taught by him at the Skandia Folkdance Society in Seattle, Washington.

Pronunciation: YEMT-lendsk SHOHTT-ess meh BAWK-mehs

Record: Viking SMF side A/2, Side B/2.4/4 meter.

Formation: Cpls in a random circle, progressing in LOD.

Steps: Jämtländsk Bakmes Step in Duple Meter - 4/4 Schottische Rhythm:

1. Straight Time (2 meas = 1 revolution)

In four cts, exactly the same as for 2/4 polka rhythm, completing a full turn in two 4-ct schottische measures.

2. Double Time (1 meas = 1 revolution)

In four cts as in 2/4 polka rhythm, but twice as fast so as to complete a full turn for each 4-ct schottische measure.

Note: The following parts are not figures in the regular sense, but three different responses to the music, with no fixed number of measures for each.

OLD STYLE SCHOTTIS FWD AND TURN

Cpl dances an old style schottische essentially the same as that of Gammal schottis, previously described, except that the turning steps are mainly on the soles of the ft.

Transition to reverse turn: Same as that described for polka version.

REVERSE TURN ("bakmes")

In reverse sidecar hold, cpl turns CCW as described for duple-meter Jämtländsk bakmes step, above. Cpl may alternate from straight time, which will be slow, to double time, which will be quite fast, without special transition step.

REST STEP ("viltur")

Same as that described for polka version.

Cpl may revert to old style schottis, reverse turn, or rest steps, at their discretion.

Presented by Gordon E. Tracie