

Jäns'n

(Föllinge, Sweden)

In this dance the same step pattern and dance sequence may be used for polska, waltz, polka, and schottische, varying to fit the music and direction of turn. Ernst Grip with Beret Bertilsdotter introduced this dance in Sweden and the U.S.

Ernst was first introduced to this dance when he was 10-13 years old. He became reacquainted with the dance when he was in service to the military during WWII, near the Norwegian border. Instead of fighting Germans, Ernst danced with Gammal-Anners and learned both the M's and W's parts of the dance.

Pronunciation:

Music:

2/4 meter

Formation: Cpls face and progress LOD around the dance space.

Holds: Försteg: Open shoulder/shoulder-blade pos.
Closed Position: Polska hold, close, for CW turning.
Reverse polska hold: Close for CCW turning.

Steps: Försteg and Closed Position turning: M L Försteg, W R Försteg.
2/4 music, stepping on cts 1 and 2.
3/4 music, stepping on cts 1 and 3.

Meas

Pattern

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| 1-2 | Försteg: Walk 4 steps, beg outside ft. |
| 3 | Polska hold, dance 1 CW turn. |
| 4 | Försteg in polska hold. |
| 5 | Dance 1 CW turn, polska hold. |
| 6 | Försteg in polska hold. |
| 7 | Dance 1 CW turn, polska hold. |
| 8 | Försteg in polska hold, open W on the inside, M on outside. There is a foot fudge (step touch, no wt works well!). |
| 1-2 | Försteg: Walk 4 steps, beg outside ft. |
| 3 | M closes to the W into the reverse polska hold. Dance one CCW turn. |
| 4 | Försteg in reverse polska hold. |
| 5 | Dance one CCW turn, reverse polska hold. |
| 6 | Försteg in reverse polska hold. |
| 7 | Dance one CCW turn, reverse polska hold. |
| 8 | Försteg in reverse polska hold. Open with M on the inside, W on the outside. Foot fudge (step touch, no wt works well!). |

Note: the dance sequence consists of 2 meas of försteg in open pos, followed by closed polska hold, dancing one pivot turn and one försteg. Alternate pivot and försteg until the end of the musical phrase.

Reverse turn and försteg. Same as above turning CCW with opp ftwk and hold.

Presented by Roo Lester