

Polska från Åmot (Sweden)

Pronunciation:

Cassette: Englund cassette - Stockton 1991

3/4 meter

Formation: Couples facing fwd (CCW).

Holds: A: Waltz position.
B: W R hand in M L hand.
C: Polska hold.

Step: M: L (ct 1); R (ct 3).
W: R (ct 1); L (ct 3).
Danced smoothly with even and steady flow throughout whole dance.

Sequence: Dancing fwd (hold A).
Turning W CW under M L arm (hold B).
Couple turn CW (hold C or A).

Execution: Danced by cpls around the room. The three dance sequences are done at will.
During the turning sequences one turn is done every measure. As the W is turning under the M's arm, he can turn CCW under his raised arm for one or two measures before the Couple turn.

Notated May 13 and Aug 17, 1976
Benno Eriksson
Britt-Marie Rylander
Tony Wrethling

Presented by Tommy and Ewa Englund