

## Slängpolska från Färnebo—not taught

(Västmanland, Sweden)

Leif & Margareta Virtanen introduced this dance in Chicago in September 2000. It is also called *Fernbopolska*. The dance is for two couples and should be danced in small circles on a spot as in a *fläckpolska*. Slängpolska från Färnebo is documented in *Hopp Lustig*. It is believed the book is out of print.

Pronunciation: SLENG-pohl-skah frohn FEHRN-ah-boo

Music: 3/4 meter A good melody with 8-bar phrasing.  
CD: *At the Jonsson's, Traditional dance tunes from central Sweden*. Band 15 or 17.

Formation: Sets of 2 cpls progress RLOD/CW around the dance space.

Slängpolska från Färnebo, though usually danced in groups of 2 couples, may also be danced with couples in a big circle/ring, breaking off to dance in 2 cpl circles, and returning to the big ring. It is most often danced this way during training sessions or for special arrangements such as for performance.

Steps and Styling: Step on each beat of the music with the svikt similar to a waltz step: down svikt (ct 1); up (ct 2); normal (ct 3). Dance each step of equal length making sure that the second step passes the first.

### Hand holds:

Hands joined at shoulder level in W-pos while dancing in a circle/ring.

Cpl pos 1: Both hands joined, M's R holds W's L, M's L holds W's R,

Cpl pos 2: R hips adjacent, with R arms around ptr's body and L holding ptr's upper arm.

	Counts	1	2	3
Svikt:	Svikt:	going down	coming up	normal
	Part of ft.	Heel to whole ft	Heel to whole ft	Heel to whole ft

To add speed and drive, the dancers can take bigger steps and add more svikt.

Meas Music: 3/4 music Pattern

### INTRODUCTION

#### I. TWO-COUPLE RING

1-8 Couples dance one phrase holding hands in W-pos; only danced the first phrase of music.

#### II. INDIVIDUAL TURNS AND COUPLE 2-HAND TURNS

1-2 Each dancer claps on ct 1 of meas 1 and make a small (individual) CCW circle in two meas.

## Slängpolska från Färnebo—continued

- 3-8 Each dancer claps on ct 1 of meas 3 and cpls take hands across from each other and finish the musical phrase dancing in a CW small circle. Use Cpl pos 1.

### III. INDIVIDUAL TURNS AND RING

- 1-2 All clap on ct 1 of meas 1, then make a small (individual) CCW circle in two meas.  
3-8 All clap on ct 1 of meas 3; take hands in W-pos in the ring/circle and circle CW.

### IV. INDIVIDUAL TURNS AND COUPLES WITH RIGHT HIPS

- 1-2 All clap on ct 1 of meas 1, then make a small (individual) CCW circle in two meas.  
3-8 All clap on ct 1 of meas 3 and cpls dance with R hips adjacent with ptr and finish the musical phrase dancing together. Use cpl pos 2.

### V. INDIVIDUAL TURNS AND RING

- 1-2 All clap on ct 1 of meas 1, then make a small (individual) CCW circle in two meas.  
3-8 All clap on ct 1 of meas 3, then take hands in W-pos and dance CW in the ring/circle.

Sequence: Fig I, Fig II, Fig III, Fig IV, Fig V; repeat full sequence to end of music.  
Note that the individual turns and ring figure alternates with each of the couple turning figures. After the intro/first figure the sequence would be; Fig III, Fig II, Fig III, Fig IV, Fig III, Fig II, etc.

#### Overview for either 2 couples or a larger number of couples:

- |          |   |
|----------|---|
| Phrase 1 | All couples or 2 couples dance CW in a ring or small circle |
| Phrase 2 | CCW turn & cpls 2 hands holding                             |
| Phrase 3 | CCW turn & cpls dance CW in a ring                          |
| Phrase 4 | CCW turn & cpls dance with R hips adjacent                  |
| Phrase 5 | CCW turn and cpls dance CW in a ring                        |

Presented by Roo Lester