

Isovarvas

(Finland)

Isovarvas is an old polska dance from western Finland.

Pronunciation:

CD: Finnish Dances 1999

3/4 meter

Formation: Cpls in a double circle, facing ptr, with fists on hips. Steps same for M and W.

Steps: Polska: (like a buzz step) Step on full R ft (ct 1); step on ball of L ft near R heel (ct 2).

Varvaskanta:

meas 1: Leap onto L, turning L, R leg to side with toes on floor (ct 1); hop on L turning to face ptr, R leg in front, heel on floor; leap onto R, bending L knee and raising ft up behind.

meas 2: Repeat meas 1 with opp ftwk.

Meas

Pattern

INTRODUCTION.

PART I

A 1-8 Dance 8 Varvaskanta steps in place.

PART II

B 1-4 Holding ptr's upper arm with R hand on L arm, R hips adjacent, dance 5 Polska steps CW (cts 1-10); step on full R ft (ct 11); touch L ft near R, no wt (ct 12).

5-8 With L hips adjacent, repeat meas 1-4 with opp ftwk CCW. Beg by stepping on full L ft.

Repeat dance from beginning until music ends.

Presented by Jussi Aronen and Lennu Yläneva