

# SLÄNGPOLSKA FRÅN SKÅNE

Swedish

PRONUNCIATION: SLENG-pohl-skah frohn SKOH-nuh

TRANSLATION: Slinging dance from Skåne

SOURCE: Dick Oakes learned this dance from Per and Margareta Jennische of Sweden who presented it at the 1977 Texas Camp.

BACKGROUND: This dance is from the Skåne area in the southern-most tip of Sweden. It is one of the older dance types (circa 18th century), which are danced on the spot to the three-beat polska rhythm. The 3/4 polska rhythm differs from that of the waltz, as the polska has the emphasis on beats 1 and 2, whereas the waltz has the emphasis on beats 2 and 3. With the opening of the Oresund Bridge between Malmö, Sweden and Copenhagen, Denmark (the longest combined road and rail bridge in Europe) in 2000, the Swedish motorways were linked, and the two countries' railway systems were physically connected. Before the bridge was built, train ferries operated between Helsingborg and Helsingør.

MUSIC: Viking (LP) SMF 200, side A, band 5

FORMATION: Cpls scattered anywhere on the dance area, ptrs facing each other, with two hands joined straight across, W R hand in M L, W L hand in M R.

METER/RHYTHM: 2/4

STEPS/STYLE: SLÄNGPOLSKA STEP: To turn CW, step L, leading around ptr (ct 1); step fwd R (ct 2); close L to R heel (ct &) step fwd R (ct 3). To turn CCW, use opp ftwk. The steps resemble ordinary walking steps except for the close (ct &), which is on the ball of the ft. The movement is smooth and flowing but also lively.

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MEAS

MOVEMENT DESCRIPTION

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## INTRODUCTION

1-2 No action.

## I. FACING POS

1-7 With hands joined straight across, dance 7 "Slängpolska Steps" CW;  
8 Releasing handhold, M and W make one CCW turn individually with three steps, one per beat (L,R,L), clapping hands on the last two beats;

9-16 Assuming orig handhold, reverse action of meas 1-8 with opp ftwk.

## II. CLOSED POLSKA TURNING POS

1-16

Assuming a Closed Polska Turning Pos (R hand on ptrs back slightly above waist and L hand on back of ptrs shldr with elbows bent), repeat action of Fig I, meas 1-16, reversing the Closed Polska Turning Pos for meas 9-15.

Repeat entire dance from beg.