

BIRENBOMSKAN POLSKA (BEE-rehn-BOHM-skahn)
Sweden

Learned from Sharron and Armand Deny at Valley of the Moon, Oct. 1982. They learned it from Bernt Tengborg in 1980. A reconstruction of an old dance from the south of Sweden. Done in a fixed sequence, but duration of each step is up to man.

Music: tune on tape from Denys

Invitation: W are seated. M approach after music begins, with polska-type step; M clap hands near ptr until she gets up to dance (clap on ct 1; can dance a small circle in front of her if she's slow. Take skating posn with R over L hands joined.

Figure I (Skating)

Cpls move CCW around the floor with polska step, M stepping fwd on L on ct 1 and on R on ct 3 (W opp).

Figure II (Alternating Turns)

Raising joined hands, W turn once CW in each 2 meas: step fwd on R in LOD making $\frac{1}{2}$ turn (ct 1); step L beside R (3); step bwd in LOD on R making $\frac{1}{2}$ turn (1); step L beside R (3). M turn once CCW in each 2 meas, starting when W is half-way through her turn (= on meas 2); M on opp ft from W. Look at ptr at start or end of each turn. End this figure with W completing her last turn while M waits.. (Ftwork is similar to that in Stig Vals turn.)

Figure III: (Women Turn)

With R hands joined, move in LOD with W making one CW turn per meas. while M moves straight fwd with polska step.

Figure IV (Escort Promenade)

With W holding M's R elbow with her L hand, both move fwd in LOD with polska step, on opp ft.

Figure V (Polska Turn)

Very smooth polska turn (polska posn): W step both, R, L; M step L, both, and pivot on ball of L ft and heel of R.