"Enbenspolska" från Bingsjö

Progression: The dance progresses LOD/CCW around the dance space while couples turn CW.

Dance Holds: Försteg same as for polska
   Enbenspolska equilateral hold, each has their R arm underneath ptnr's. Cpl. may use the regular polska hold, however this is less common.

Steps: Försteg same as for polska

"Enbenspolska": M & W each make one complete CW turn per measure. W begin each measure with the same foot, M alternate feet each measure as they only take one step in each meas. Turning/pivoting between each weight change is crucial.
   M steps L ct 1, pivots on L sole/ball ct 2, and pivoting on L heel ct. 3, and does the same when stepping on his R.
   W steps B ct. 1, R ct. 2, L ct. 3, same as polska, except for alignment and she may need to provide support for her ptnr.

Counts  

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>+</th>
<th>2</th>
<th>+</th>
<th>3</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>L sole facing pivot</td>
<td>Continue pivot sole</td>
<td>Transfer wt to heel</td>
<td>Pivot on heel sole/ball</td>
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<td></td>
</tr>
<tr>
<td>W</td>
<td>Wt on B, R by Pivot on L L arch</td>
<td>Step R</td>
<td>Pivot on R L sole</td>
<td>Pivot L sole/ball</td>
<td></td>
<td></td>
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</tbody>
</table>

Dance Sequence: As with other polskor, alternate between försteg and enbenspolska turning. M need not turn a complete phrase. It is OK to just do a few turns.

Suggestions:
- M must take short, small steps and keep his weight over his supporting leg/foot.
- M alternates pivoting on sole then heel in each meas.
- W must also take shorter steps so her ptnr may take small steps.
- W may need to provide support for M if he has balance problems.
- Sometimes the angle that the W holds her ptnr makes a difference in the balance and the M's ability to step around his ptnr. I often angle myself so that I am partially facing my ptnr's R side.

Roo Lester

Polskor från Bingsjö

Presented by Roo Lester at TIFD's 54th Texas Camp, November 22-25, 2001