

Odina Jönssons Bakmes

Type: Couple dance from Skåne, Sweden.
Steps: Walking steps and schottis steps.
Music: Can be done to many types of music, i.e. Schottis, hambo, polska, and waltz music.
Style: The dance is freestyle and has a walking part and a turning part.

Intro Step: Walking step, both start L foot.
Hold MR, WL hands, arms hanging down, outside arms hang down freely.

Turn Step: Man: Step on R, lifting L slightly off the floor (ct 1 and 2) then LRL (ct 3, and, 4).

Woman: Step LRL (ct 1, and, 2) then R, lifting L slightly off the floor (ct 3, and, 4).

The dance is done by alternating the walking and turning steps. As this is a freestyle dance it is up to the man to indicate when the transition takes place.

Dance:

Walk, ~~both start L ft.~~ When ready to start the turn, the man will ~~walk 2 additional steps~~ ^{lift both feet} L - ct 1, R - ct and 2, stamping lightly on each step to indicate the transition, while simultaneously bringing the W across to his L side (changing to polska hold).

The W steps across with LRL (ct 1, and 2) then R, lift L (ct 3, and 4) and the man steps LRL (ct 3, and 4).

So, for the turn, simultaneously the M steps R, lift L, LRL, while the W steps LRL, R, lift L. When finished with turning the couple just opens up and continues walking, again starting with L ft.

Alternate walking and turning to end of music.

This dance was learned from Stig and Helen Eriksson in Portland, Oregon, Nov. 1993.

Dance notes have been transcribed from video tape by Johanna Brouwer, Portland, March 1994.

Dance presented by Johanna Brouwer and Paul Van Halen at the Deen Grant Memorial Scholarship Workshop, Reed College, Portland, March 26, 1994.