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ÖSTGÖTA-POLSKA

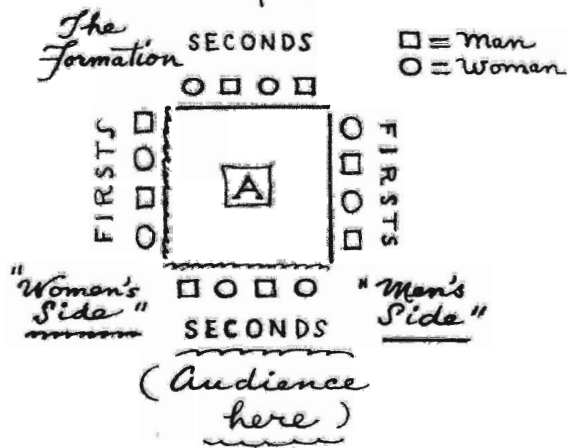
(Swedish)

Swedish dance for eight couples. Presented at the 1952 Folk Dance Camp, Stockton, California, by Anta Ryman.

MUSIC: Piano: Svenska Folkdanser och Sällskapsdancer by Svenska Ungdomaringen for Bygdekultur redigerad by Gustaf Karlson.
Record: His Master's Voice X7568 (Imported). *NOTE* Head Couples = "FIRSTS" Side Couples = "SECONDS"

FORMATION: Double Quadrille: Square formation with two couples on each side.

STEPS: Walking*, sliding*, running*, ostgota: ALWAYS BEGIN WITH L FT., step L (ct. 1), close R to L (ct. &), step L (ct. 2), very small leap fwd. onto R (ct. 3).



MUSIC 3/4

PATTERN

Measures

4

INTRODUCTION

Couples stand in double quadrille formation with hands on hips, palms down; W on M's R.

I. FIRST (Head couples)

1-2 (a) M on M side quickly step behind their partners and put their hands on their partners shoulders. At the same time W on W side step behind their partners and place their hands on their partners shoulders. M on M side and W on W side now peek over partners' shoulders (LR LR LR).

3 M clap their own hands once, and the M on the M side and the W on the W side dance fwd. to the L. of their own partners with one östgöta-step, and taking hands of opposite person, dance around 1½ turns CW with 3 östgöta-steps.

7 Return to partner with one östgöta-step.

8-10 Join hands with partner and dance around with 3 östgöta-steps to finish in original double quadrille position.

1-10 (repeated) (b) The action of Fig. I (a), meas. 1-10 is repeated by the M on the W side and by the W on the M side.

I. SECOND (Side Couples)

11-20 (a) M on M side (facing audience), W on W side (backs toward audience) repeat the action of Fig. I (a), meas. 1-10.

11-20 repeated (b) W on M side, M on W side repeat the action of Fig. I (a), meas. 1-10.

II. FIRST (Head Couples)

1-2 (a) M on M side, W on W side dance to the L and behind own partner with 6 sliding steps.

3-4 Return to place with 6 sliding steps.

NOTE: Sliding steps are done in a straight line.

5 Clap own hands once and dance to meet opposite with 1 östgöta-step.

6-7 Join hands with opposite and dance around CW with 2 östgöta-steps.

8 Move back to original partner with 1 östgöta-step.



ÖSTGÖTA-POLSKA (Continued)

MUSIC 4/4	PATTERN
9-10	Join hands with partner and dance around CW with 2 östgöta-steps. Finish in original position.
1-10 repeated	(b) W on M side, M on W side repeat action of Fig. II (a), meas. 1-10.
	II. SECOND (Side Couples)
11-20	(a) M on M side, W on W side repeat the action of Fig. II (a) meas. 1-10.
11-20 repeated	(b) W on M side, M on W side repeat the action of Fig. II (a), meas. 1-10.
	III. FIRST (Head Couples)
1-3	(a) M stamp L foot and kneel on R Knee. M join R hands above M head with L hand of W. Beginning with R ft. W move CCW around M with 9 running steps.
4	With 3 running steps W run toward opposite W, and join R hands (as in Ladies Chain).
5	With 3 running steps continue to opposite M and join L hands with M R (M are still kneeling).
6-8	W run CCW around kneeling M, stopping in front of him. At this point M rise, and
9-10	All head couples join both hands and dance around CW with 2 östgöta-steps.
1-10 repeated	(b) W on M side, M on W side repeat action of Fig. III (a), meas. 1-10, bringing W back to their original positions.
	III. SECOND (Side Couples)
11-20	(a) M on M side, W on W side repeat the action of Fig. III (a), meas. 1-10.
11-20 repeated	(b) W on M side, M on W side repeat the action of Fig. III (a), meas. 1-10.
	IV. FIRST (Head Couples) and SECOND (Side Couples)
1-8	(a) Partners face each other and join L hands; pass by partner (W move CW, M move CCW) and give R hand to next person. Continue around the circle as in a grand R and L to finish in home position. NOTE: There is no curtsy when you meet your partner. Take 3 steps in meeting each person.
9-10	Partners face each other in a single circle. Pause, hands on hips.
1-2	(b) Partners from the W side separate, and couples from the M side stand close together. With a stamp on the first step the first (Head Couples) dance 6 sliding steps to change places with the opposite couples. Partners from the W side slide on the outside and partners from the M side slide close together.
3-4	SECOND (Side Couples) repeat action of Fig. IV (b), meas. 1-2.
5-6	FIRST (Head Couples) return to places with 6 sliding steps. This time the couple on the W side pass between the couple from the M side.
7-8	SECOND (Side Couples) repeat action of Fig. IV (b), meas. 5-6.
9-10	All M join with their own partners and dance CW with 2 östgöta-steps. Finish in double circle with W on the inside with their backs to center; M on the outside and facing W.
	V. FIRST (Head Couples) and SECOND (Side Couples)
11-18	(a) With 24 sliding steps all move CW. Partners always remain opposite each other. NOTE: Be careful of the form of the circle, and finish in original position on the eighth measure.
19-20	Move into single circle facing own partner (W facing CW, M CCW).
11-20 repeated	(b) Repeat action of Fig. IV (b), meas. 1-10 repeated.

