

Fryksdal Polska

Source: This dance was originally a “Christmas Dance” with words about Christmas still sung, even if not done during Christmas season. The music is 3/4 Hambo time (POLSKA not to be confused with POLKA). There are several versions of this dance, but of minor differences.

Formation: Two couples facing two couples (contra formation)

Steps: Basic (Fryksdal) : Step on R (1), hop on R and at same time swing L foot FWD, straight knee (2), step on L (3)

Dal : Step on R (1), swing L across R (2 & 3). REVERSE above.

Tetem : (A flirt step) Either W in front of M or visa-versa. Hands on waist of person in front, front person’s hands over those. If W in front, extend R heel to R and lean L in a diagonally straight line. Partner, M, at same time extends L foot and leans R. Both look at each other.

Running steps : 3 per measure.

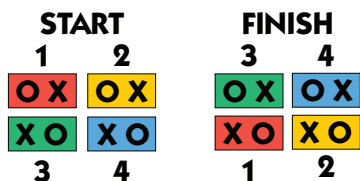
Measure	Count	FIG. 1 SALUTATION	Measure	Count	FIG. 4 CIRCLE OF LINES
1-3	—	Line 1 progresses FWD w/3 Dal steps starting w/step on R	1	1-3	Lines run toward each other w/3 running steps (1 m),
4	1	Stamp L	2	1-3	Stamp L and bow and at the same time end join hands
	2	Stamp R	3-4	—	Run back into a circle
	3	Bow	5-8	—	Run again to form line parallel in a different direction and run back to circle
		Move BKWD w/4 Dal steps.	9-16	—	Run back to lines again as formed originally, and run to places. Fryksdal swing
		Line 2 REPEATS the same.			
		FIG. 2 LITTLE CHRISTMAS TREE			FIG. 5 LARGE CHRISTMAS TREE
1-4	—	Each line forms a circle and move CW w/4 Fryksdal steps	1-4	—	Join inside hands w/own partner and W form R-hand mill w/thumb grasp
5-8	—	Each person extends R hand to center, thumbs upward and each one grasps a thumb (building a Christmas tree), L hand over shoulder of person in front, dance 4 Fryksdal steps. Shoulder-waist hold w/partner and do Fryksdal swings	5-8		Use running steps, turn about w/M turning BKWD and form a L-hand mill grasping thumbs and run back to place. Fryksdal swing.
		FIG. 3 TETEMS (Chain and Flirt)			
1-8	—	W run to opposite M in “chain form”, joining R hands w/opposite W, L hands w/opposite M, around him and land in front (total of 12 running steps - 4 m). Do 4 Tetem steps			
9-16		W chain back to partner, DO NOT Tetem, but do Fryksdal step			
17-32		REPEAT above, but w/M “chaining” and land in front of W and Tetem and back to partner for Fryksdal swing			

Figures 6-7 continued on next page

Fryksdal Polska continued

Measure Count FIG. 6 MISH MASH (Couples Exchange)
 This figure can prove to be the most confusing one! PLEASE work it out carefully w/ walking steps and no music until pattern is learned. Use Fryksdal step throughout the figure. The figure begins with the couples arranged as diagrammed.

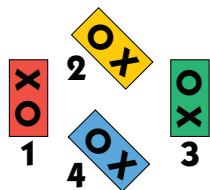
1-2 1-6 Opposite couples exchange
 Simultaneously couples 1 and 4 form a circle rotating CW, exchanging positions. Couples 2 and 3 do the same.



3 Cross Over Figure - (a sort of figure eight)
 Couples 2 and 4 cross over back-to-back. Couples 1 and 3 start moving CW to meet visiting couple.



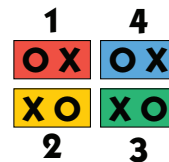
4 All couples continue rotating CW, M in lead.



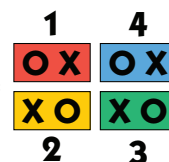
5-6 New opposite couple form a circle, continuing CW rotation.



At the end of the 6th measure your formation should look like this.



REPEAT Cross Over Figure 3 more times. You now should be in the same position you were in at the start of the first cross over figure.



Do one more opposite couple exchange figure (2 m). You are now in your original position. Finish off with Fryksdal swings w/partner.

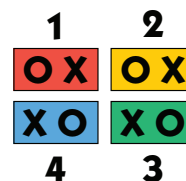


FIG. 7 ARCHES

Line up on 2 columns, couple behind couple (depending on which way an audience faces). All do a Dal step, stepping on R first. R hand couples will be active - 1st W leads, M joins w/ his L hand, R hand of W behind him and they become a line. This line runs under the arches formed by L hand couples, when reaching home positions do Dal step in place. Now L hand arches become a line but with M leading (W joins hand w/M behind her, run under R side arches and Dal step down to place. All Fryksdal till end of music. Merry Christmas!