

FROKEN CHICK (Uppland)

Miss Chick

Couples in an open circle which moves CCW.

MUSIC Polkett (2/4meter), special melody.

POSITIONS When turning as a couple use waltz position, but the man's left hand and the woman's right hand are held close to the shoulders and the elbows close to the body. Otherwise simple hand hold: The woman places her left hand in the man's hand, which is turned up. The hands are held shoulder high.

STEPS Polkett = polka step with very flexed knees but no hop on the fourth beat. Two smooth knee bends for each measure. The right knee is bent between the partners knees.

THE DANCE Part I Turn CW as a couple for 8 measures. Man starts with the left foot and woman with the right foot.
Part II A) The man and the woman start with their outside foot, and hands in a simple hand hold position. They dance one polkett step forward. Then the inside foot is brought forward and tap the floor two times with the ball of the foot (2 measures). B) The man holds the woman's right hand in his left hand and they repeat the same steps as in part II A but with opposite footwork and direction (2 measures). C) Turn CW as a couple (4 meas.) Part III Repeat part II A, B and C, but turn CCW as a couple. Repeat the dance from the beginning.