

Innherredspols

Trøndelag, Norway

Innherredspols comes from an area north of Trondheim in Trøndelag, and is a member of the *bygdedans* or regional/village dance family. Ingvar and Jofrid Sodal introduced this dance to the international folk dance community in 1970 at San Diego Folk Dance Camp. This description is based on their teaching and observations of research films located at the Rådet for Folkemusikk in Trondheim, Norway.

Music: 3/4, Any appropriate pols melody from western Trøndelag

Formation: Couples progress CCW around the dance space

Steps & holds: A) Introductory steps

counts	a ¹	1	2	3
men	hop R	step L	sm leap onto R closing to L	step L (fwd in LOD)
women	hop L	step R	sm leap onto L closing to R	step R (fwd in LOD)

The M & W turn to face the direction of the foot they step on in their hop, such that they alternate between facing towards or away from one another at the beginning each measure. Dance the introductory steps with inside hands held moving back as ptnts face and fwd as ptnts turn away. Free hand either hangs at one's side or on hip thumb forward.

B) Pols turn

counts	1	+	2	+	3	+
men	L	pivot L	Both	pivot L	R	pivot R
women	Both	pivot L	R	pivot R	L	pivot L

Note that the turning occurs both between and during the steps. Use pols hold where M & W each hold with their R on their ptnts upper back, and the L rests on the opposite shoulder. In closed position stand with R ft between one another.

¹ The **a** is the 4th quarter of the previous beat or a 16th note.

Dance Sequence: Begin on opposite feet, M's L W's R.
Dance either 4 or 8 measures of introductory steps followed by the same
number of pols turning steps, following the musical phrasing.