

BAK MAS

Dance learned from Sirkka Vitonen and Jussi and Hilikka Williams, Helsinki, Finland.

MUSIC: Record: Norsemen NF 1009 B, "Sakkijarven Polka". Decca SD 4015, "Sakkijarven Polka" (slowed down a bit). The dance can be done to other Finnish Polkas of similar tempo.

FORMATION: Cpls in a circle. W stands at R of M, her L hand on his R shoulder; his R arm around her waist. Dance can be done anywhere on the dance floor, but all cpls must move around the room CCW.

STEPS: 1. Walk* - to be done with a slightly flexed knøe and a casual heel scuffing once in awhile. Free hand may hang freely at side or make a fist on hip; hand pos is optional. 2. Turning ("Motsol"). Cpls turn CCW. 2 meas per turning step.

M: Jump onto both ft, slightly bending knees (ct 1); quickly step L,R,L (cts 2,&1); leap twd R on R (ct 2). Note: the jump is done in place; the three quick steps are very small; the leap onto R is a big step.

W: Step L, R, L (cts 1 & 2); leap to R on R (ct 1); jump onto both ft (ct 2).

* Described in Volume of Folk Dances from Near and Far, published by Folk Dance Federation of California, Inc., 150 Powell St., San Francisco, Calif.

PATTERN

Measure

- 1-8 INTRODUCTION: Wait in place, keeping time to music.
- 1-8 Fig I: WALKING FWD, cpls move fwd CCW around room with 16 walking steps, beginning on outside ft. W do not take 16th step (L).
- 9-16 Fig II: "MOTSOL" (TURNING); take regular dance pos, with joined hands held at shoulder level or slightly lower and arms held firmly. Do not be too close to ptr. Dance four "motsol" steps, one turn to each 2 meas, turning CCW and progressing somewhat CCW. On the very first jump, the M should land on both ft with a good loud stamp.

Repeat dance from beginning, omitting introduction.

NOTE: In Finland, each part of the dance is done as long as desired, M leading the change. The above pattern has been "set" for teaching purposes. Remember, though, that the turning cpls (dancing Fig II) have the "right-of-way"; walking cpls (dancing Fig I) must keep out of their path.