

Odina Jönsson's Bakmes

Sweden

Taught by Stig & Helen Erickson, Portland, Nov. 1993.

Music: Swedish Dance Workshop 1993 with Stig & Helen Erickson; or any moderate tempo, Swedish schottis music will work

Formation: Couples traveling LOD. Relaxed stroll, walking through the heel.
Each figure is done repeatedly until man leads next figure.

Measures	Pattern
----------	---------

Fig 1 Försteg or walking figure.

Walking LOD, arms down at sides with W left hand in M's right,
Step L, R (M & W with same footwork)

Fig 2 Bakmes turn

Transition:

- 1 M step L to left side (away from partner) while gently pulling with right hand, step R rocking back to place settling partner on left side; W step L, R, L (1&2) traveling across in front of man to end on the inside of the circle facing RLOD. Change hand hold to M right hand on woman's left shoulder and left hand around her waist; W right hand on man's upper arm and left hand on his right shoulder.

Bakmes turn progressing slowing LOD:

- 1 M: with small steps, L forward (1); R diagonally left forward (&); L diagonally forward (2) to travel across and in front of woman.
W: step R (1) tucking L foot next to right ankle; pivot on R heel (2) turning CCW to face LOD with man's movement.
- 2 M: step R (1) to face RLOD, tucking L foot next to right ankle; pivot on R heel (2) turning to face LOD with woman's movement.

W: with small steps, L forward (1); R diagonally left forward (&);
L diagonally forward (2) to travel across and in front of man.

(This is a standard "he-go, she-go" turn. One partner is stationary while the other moves around them to drive the turn.)

Transition out of turn:

Measure 2 M: step R (1) to face LOD, tucking L foot next to right ankle – pushing with L hand to open the couple back to promenade position; pivot on R heel (2) turning to face LOD. Pivot on count 2 must turn the man all the way back to facing directly LOD.

W option #1: If man signals early enough –
Step L forward (1); step R forward (2). (Just begin walking figure.)

W option #2: If man does not give you early warning –
Step L forward (1); step R forward (&); step L forward (2);
step R forward (&). (Finish the turn and add a step.)

This is a non-choreographed dance. Fig. 1 is repeated until man leads the change to Fig 2. Figure 2 is repeated until the man leads the transition back to Fig. 1.