



Scandinavian Balfolk* Party

Slängpolska teaching followed by
Scandinavian Dance Party
6:30pm Saturday, May 4, 2019

Dance instruction by Andrea Larson
Live music by Lydia Ievins & Andrea Larson
Loretta and Tony's Great Room in Takoma Park, MD
6807 Westmoreland Ave, 20912

Suggested donation for instructor - \$10/\$15 as you are able
Dancers of every level of experience welcomed
Refreshments served, dishes to pass welcomed
Contact Tony La Greca, tony@antoniolagreca.com, 301 270 4925

The Swedish **slängpolska** is not only incredibly fun but is easy to do - no previous dance experience is needed. It is a graceful, stately couple dance that has no fast spins or turns, and allows for a wide range of expression and improvisation. *Slängpolska* is a dance both new and old, rooted in tradition and fed by an enormous wealth of energetic tunes in 3/4 time. Known forms of this dance had died out by the early to middle 20th century, and this version of the dance, **festival slängpolska**, sprang from reconstructions taught in Sweden at the many music and dance festivals created in the wake of the folk revival of the 1970s. Swedish **festival slängpolska** has been taught for many years at *Le Grand Bal de l'Europe* (<https://www.gennetines.org/en/>), a remarkable dance festival in France.

*Balfolk (bal folk) - Dances of bal folk are generally based on simple traditional choreographies and have an easy base so everyone can easily start with it. Refined movements are not the main concern, improvisation is more common. Often, the music has modern influences. Music is played by live bands. (Wikipedia)



Lydia Ievins (pronounced *EYE-vinz**) plays five-string fiddle and nyckelharpa for Scandinavian and English Country dancing. Her absolute favorite thing about playing in either genre is the boundless opportunity to create rich harmonic lines. As an avid dancer herself, she infuses her playing with rhythmic clarity and sensitive phrasing to produce eminently danceable music. Her duo album [Northlands](#) with Bruce Sagan features a collection of original tunes inspired by Scandinavian traditional styles. Lydia is pleased to have been awarded a bronze [Zorn medal](#) in Sweden for her playing in the Uppland tradition. Her latest recording project is Koivu, with Juha Kujanpää.



Andrea Larson fell in love with Swedish traditional music and dance on a magical bicycle tour of Scandinavia in 1994. Since then, this unique and enchanting genre has been the core of many of Andrea's projects. In 2012, she moved to Sweden for a year with music partner Lydia Ievins, where they discovered wonderful traditions and enjoyed scheming about which ones to bring home. Their CD *Fika* (2013) is an aural homage to their year at the Eric Sahlström Institute in Tobo, Sweden. Andrea lives in Richmond with her husband, step-daughter, and Welsh-terrier, Jimmy.