Polsdans efter Martinus Amundsen, Finnskogspols

A-bas

learned from Eva Karlsson, Springdans 2009

Beats are not equal, approximately the following length:
beat 1 (3 eighths), beat 2 (2 eighths), beat 3 (1 eighth)

2 alternate harmonies are ideas & can be varied
harmonies by Carol Olson