

455

RUSSIAN POLKA

10c

ART & METHA'S RECORD CHEST  
730 N W 21st Ave  
Portland, 9, Oregon

Music: - Kismet A-104 Polka koketka

Formation: - Couples in Varsouviennne pos. in large circle, progressing CCW

Steps! Touch-kick step, polka step

Measures

PART I. TOUCH-KICK STEP - This is a light, precise step done in place. Both dancers start with L foot.

1 Touch L toe in front of R foot, kick L foot diagonally to L, straightening knee to complete movement.

2 Step L, R, L (polka rhythm) in place, at the same time turning slightly away from the center of the circle.

3-4 REPEAT the above steps, starting with the R foot and finish by turning slightly toward center of the circle.

5-8 REPEAT the steps described for measure 1-4

PART II. RUSSIAN POLKA STEP - This is done smoothly with feet kept close to the floor. Couples sway from side to side, as they move fwd. The first step of each polka(meas) is slightly accented. Both start with L foot.

1-7 Starting L, take 7 polka steps moving CCW.

8 STAMP R, L, R, in place

PART III. TOUCH-KICK STEP

1-8 REPEAT action of PART I., measures 1-8

PART IV. WOMAN TURNS UNDER PARTNER'S ARM.

1-7 Drop L hands, keep R hands joined. As M polkas fwd, W turns CW under M's R arm.

8 STAMP R, L, R.

PART V. TOUCH-KICK STEP

1-8 REPEAT action of PART I., measures 1-8

PART VI. WOMAN POLKAS AROUND MAN.

1-7 Keep both hands joined and held high. W polkas around M, turning L, and making one complete circle, finishing so that partners are in original VARSOUVIENNE position.

8 STAMP R, L, R.

REPEAT from begining.