



19th century **POLKA** variations

Brief descriptions of steps taught by Richard Powers



Polka Step Preliminary count "&": Hop with the first foot closed to the ankle of the supporting foot, without weight.
1: Step or glissade with the first foot side (2nd position) toward LOD. &: Close rear foot to first foot, taking weight.
2: Rotating a quarter turn CW, the gent backs in front of the lady, stepping back L as she steps forward R. &: Continuing to rotate another quarter turn CW, hop on the second foot. Repeat opposite. Some polka descriptions vary from this.

Promenade Polka forward in open side-by-side promenade position. Man has L arm akimbo, R arm around lady.

Valse à Deux Temps 3 different dances were called this. One is a plain waltz, smoothly turning, in QQ-S timing.

Hop Waltz Valse à Deux Temps with a jeté (leap) on count one. Do not hop on count 4. QQ-S timing.

Reverse Polka Simply a polka or deux temps that turns counter-clockwise. Gent still begins L foot, and lady R.

Stamps An early polka where you stamp the floor on count three, then hitch the free foot up behind on count four.

Pursuit The lady polkas backwards while the gent advances, in closed waltz position.

Coquette (Love Chase) The lady escapes from her partner and polkas solo, while the gent pursues her, arms akimbo.

Pas d'Allemande Take R hand with partner's R hand. The lady polkas turning under the man's raised right arm.

Crossed-Hand Polka Keeping the Allemande R hands, offer L hands below, held close to the heart, and polka.

Vis à Vis Gent's R hand takes lady's L hand. Polka one bar face-to-face, then polka one bar back-to-back. Repeat.

Moulinet of Single Hands Take R hands with partner and polka forward around each other. Then L hands back.

Zulma L'Orientale Start with 2 bars of turning polka; stop and point the first foot straight forward to the floor then close it back to the supporting foot (1 bar), and conclude with one more bar of turning polka. Repeat opposite.

Bohemian (Heel and Toe) Place the straightened first leg to the side, heel down, toe raised, then close this foot to the supporting foot (1 bar); polka 1 bar. Repeat opposite (another 2 bars). Conclude with 4 bars of turning polka.

Redowa The Redowa step (turning pas de basque) can be done in polka time.

Hungroise Two *coup de talon* mazurka heel-clicks toward LOD, followed by 2 bars of turning Redowa. Repeat.

4-Slide Galop Do 4 straight slides of a galop toward LOD, turning halfway on the fourth. Repeat opposite, to LOD.

6-Slide Galop Do 6 straight slides of a galop toward LOD, turning halfway on the sixth, then polka one bar.

Esmeralda Do a 4-Slide Galop toward LOD, then two bars of turning polka. Recommence with opposite footwork.

Cross-Step Polka He does a L step-hop toward LOD; crosses R over or behind L; then half-turns with a polka, while she does a 4-slide galop. For the next 2 bars, she does the cross-step polka as he does the 4-slide galop.