

MAZURKA WALTZ VARIATIONS

Music: 140 – 160 bpm

- These steps are done in a graceful, balletic, yet unaffected style, with turnout from the hips, and demi-plie' on all weight-bearing steps.
- HOP is always same foot to same foot; LEAP is always from one foot to the other foot.
- Bringing the free foot close to the ankle (6th Position) involves bending the free leg slightly at the knee, turning it out from the hip, and placing the pointed foot either beside, behind, or in front of the supporting ankle.
- Practice executing steps straight forward (no turns) without partners first, then with partners and then add turning

REVERSE ALL TO OTHER SIDE:

1. POLKA REDOWA: SLIDE-CUT-LEAP

SLIDE 1st foot LOD, transferring weight immediately; other leg is behind with straight knee and pointed foot

CUT 2nd foot under 1st foot with 1st foot placed in 6th Position in front of and close to the ankle

LEAP is a graceful changing of weight from 2nd foot to 1st, leaping forward and bringing the free foot behind and close to the ankle; also done with a ½ turn clockwise.

2. MAZURKA STEP: SLIDE-CUT-HOP (non-rotating)

SLIDE 1st foot LOD, transferring weight immediately; other leg is behind with straight knee and pointed foot

CUT 2nd foot under 1st foot with 1st foot extended low 2 or 3 inches off the ground in front with straight knee and pointed foot

HOP bringing free foot in front and close to the ankle (6th Position)

3. LA KOSKA: SLIDE-CUT-HOP three times, then SLIDE-CUT-LEAP

Three Mazurka steps (see above); one Polka Redowa (turning ½ - see above)

4. POLKA MAZURKA: SLIDE-CUT-HOP, SLIDE-CUT-LEAP

One Mazurka step (non-rotating - see above); one Polka Redowa (turning ½ - see above)

5. REDOWA: (Begin with man facing out, woman facing in) LEAP-GLIDE-STEP

LEAP onto 1st foot, turning 1/4 Clockwise

GLIDE 2nd foot glides straight back (gent) or straight forward (lady), reaching as far as possible before transferring weight in plie'

STEP CLOSE turning ¼; men now face in, women face out

6. VARSOUVIENNE: SLIDE-CUT LEAP, POINT-HOLD-CLOSE

One Polka Redowa, (turning ½ - see above), then

POINT 2nd foot on floor toward LOD with straight knees

HOLD pointed position for one count

CLOSE 2nd foot to 3rd position, in front of 1st

REVERSE all 6 counts to other side. Slight tilt of upper body on point.

Then 3 Polka Redowas and point-hold-close (AB, AB, AAAB)

7. ZINGERILLA: SLIDE-CUT-HOP-HOP-SLIDE-HOP

SLIDE 1st foot LOD

CUT 2nd foot under 1st, with 1st foot in front of and close to the ankle

HOP bringing 1st foot in back of the ankle

HOP bringing 1st foot in front of the ankle

SLIDE Gents LF diagonally in front of partner; lady slides RF between partner's feet

HOP ½ turn on last hop, bringing free foot in behind and close to ankle (6TH Position)

REPEAT ON 2nd FOOT

8. KARLOWITZKA: SLIDE-HOP-HOP, SLIDE-HOP-HOP, SLIDE-CUT-HOP, SLIDE-CUT-LEAP

SLIDE gents LF diagonally in front of lady; lady slides RF between partner's feet; opposite leg is straight, trailing behind with pointed foot

HOP on bent leg with 2nd foot extended behind, knee straight, foot pointed

HOP making ½ turn CW, bringing extended leg in, 2nd foot close to ankle (6th Position)

REVERSE these 3 counts to 2nd foot

One Polka Mazurka (turning ½ - see above)

REPEAT ENTIRE KARLOWITZKA STARTING ON 2ND FOOT

9: "CELLARIUS #1": HOP-SLIDE-HOP | HOP-SLIDE-HOP (non-rotating)

HOP on 2nd foot, bringing 1st foot in front of and close to ankle

SLIDE 1st foot straight forward in plie', extending 2nd foot behind

HOP on 1st foot, bringing 2nd foot in behind ankle

REVERSE to other side

10: "CELLARIUS #2": HOP-SLIDE-CLOSE | HOP-SLIDE-CLOSE (non-rotating)

HOP on 2nd foot, possibly clicking heels in the air on &1

SLIDE 1st foot to the side in plie'

CLOSE 2nd foot to 1st foot

Also REVERSES to other side

11. "CELLARIUS #3": HOP-SLIDE-HOP | HOP SLIDE CUT (with a turn on counts 3 and 4)

HOP on 2nd foot, bringing 1st foot in front of and close to ankle

SLIDE 1st foot straight forward in plie', extending 2nd foot behind

HOP on 1st foot, bringing 2nd foot in behind ankle

HOP on 1st foot, bringing 2nd foot in front of ankle

SLIDE 2nd foot forward in plie'

CUT 1st foot under

REVERSE to other side