

FIVE STEP POLKA

This is a combination of two galop steps and three polka steps.

MUSIC: Piano: "Gallopade" from William Tell by G. Rossini. A good arrangement may be found in Melodious Harmonies by Charles D. Blake. F. Trifet Pub., Boston 1894. Other galop and gallopade music may be used but this music, in rhythm and period is excellent for this dance.

Record: Columbia D.X 1179 Polka (See Me Dance the Polka). Excellent for this dance.

FORMATION: Couples in closed dance position, man with back to center of room.

MUSIC 2/4	PATTERN
Measures	I. <i>Two Slides</i>
1	Starting M L, W R ft, take two slides in line of direction (step ct 1, close ct and, step ct 2, close ct and).
2-4	II. <i>Three Polkas Turning</i> Take three polka steps turning CW, progressing CCW a short distance. One half turn is taken on each polka step so M finishes on the outside, facing center of room with W back to center. The hop of the polka is reduced to a slight rise on the ball of the foot or may be omitted.
5	III. <i>Repeat, Two Slides</i> With M R, W L ft leading repeat the two slides in line of direction (CCW). M looks over R shoulder and encircled arm, W over L shoulder as they progress fwd.
6-8	IV. <i>Repeat, Three Polkas Turning</i> The three polka steps are taken turning CW, with one-half turn on each polka step, which brings each back to original starting position (M L, W R side toward LOD).