

Folk Dance Federation of California (HG)

THE RUSSIAN POLKA -- Version 1

The Russian Polka was introduced to the San Francisco Bay Area folk dancers through members of the Russian colony. It is a simple, gay ballroom dance, and as interpreted by the Russian-Americans, it consists only of the dance patterns described under I and II below. The dance should be performed with lightness and grace.

MUSIC: Records: Polka Koketka--Kismet A104; Polka Mamunia--Col.18100F;
Ochotka Polka--Col.20333F; Col.20346F; Vic.21104.
Piano: Beliajus, F.V., Dance and Be Merry, Vol. I, p.19.

FORMATION: Couples in Russian position in large circle, progressing counter-clockwise.

STEPS: Touch-Kick step; Russian polka (see Czech polka*).

THE DANCE

MUSIC	DESCRIPTION	CHECK LIST
A. Measure	I.-- <u>Touch-Kick Step</u> --This is a light, precise step done in place. Both dancers start with L foot	Touch-Kick Step
1	Touch L toe in front of R foot, kick L foot diagonally to L, straightening knee to complete the 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 the center of the circle.	
5-8	Repeat the steps described for measures 1-4.	
B. Measure	II.-- <u>Russian Polka Step</u> --This is done smoothly, with feet kept close to floor. Couples sway from side to side, as they move forward. The first step of each polka (measure) is slightly accented. It is a long, smooth, reaching step, danced on the balls of the feet. Both dancers start with L foot.	Russian Polka Step
1-7	Step L, R, L; step R, L, R, etc., for seven polka steps.	
8	Stamp R, L, R, in place	
	Patterns I and II are repeated as long as desired.	

The following patterns are sometimes substituted for Pattern II in subsequent repetitions of the dance.

B. Measure. 1-7	IIa.-- <u>Woman Turns Under Partner's Arm.</u> Drop L hands, keep R hands joined. As the man polkas forward, the woman turns clockwise under the man's R arm.	Woman Turns
8	Stamp R, L, R.	
B. Measure. 1-7	IIb.-- <u>Woman Polkas Around Man.</u> Keep both hands joined and held high. Woman polkas around man, turning left, and making a complete circle, finishes so that partners are in original (Russian) position.	Dishrag
8	Stamp R, L, R.	

RUSSIAN POLKA--Version 2

In May, 1944 this version of the Russian Polka was performed on the Russian ship "Industria" in the Oakland harbor.

MUSIC: See Version 1

FORMATION: See Version 1

STEPS: *Pas de Basque *Turning Step Stamp Step

THE DANCE

Music	Description	Check List
Measure 1	I.-- <u>Pas de Basque</u> Couples, in Russian position, execute back Pas de Basque, in restrained manner, starting to the R. (Back Pas de Basque: step R, to side, place L in back of R, step R in place.)	Pas de Basque
2	Back Pas de Basque to L.	
3-4	The man, holding partner's L hand in his L, takes 4 walking steps forward, R, L, R, L, at the same time turning partner to her R under his L arm, finishing in Russian position. (Woman turns with 4 walking steps.)	
5-8	Repeat the above figure except finish with partners facing. (Man with back to center.)	
1-2	II.-- <u>Stamp Step</u> Man and woman, with hands at their sides, stamp forward R, step R, back into place, stamp forward L, step L, back into place.	Stamp Step
3-4	Man and woman exchange places in 3 steps, passing R shoulders. Turn and face partner on last beat of measure 4.	
5-8	Repeat stamp step R and L. Woman passes in front of man as they cross to assume Russian position.	