Dance Description

From "Dances of Early California Days"
by Lucile K. Czarnowski (Pacific Books, 1949)

The York

The York is a variant of the Polka Mazurka. It is an early ballroom couple dance and was danced in California at the time when the lancers, polkas, schottische and quadrilles appeared on the dance programs.

Music	The York (One Heart, One Soul, by Johann Strauss) Although music has been written and given the title "The York", polka mazurka music, written during this period is also used. It is written in 3/4 time and has its own distinctive accents.
Formation	Couples in closed dance position as described on page 39, informally spaced on the floor.
Steps	Glide close glide close hop glide step leap L R L R R R L R L
Music 3/4	STEP PATTERN

The step pattern will be described for the man. The woman dances the counterpart.

1	The man starting with the left foot, the woman with the right take the glide, close (count 1), glide (count 2), close, hop (count 3) directly sideward to man's left without turning.
2	With his left foot the man takes a gliding step diagonally forward left (count 1), close right to left while pivoting on the left foot making one half turn to the right (count 2), leap sideward left (count 3).
3	Repeat the action of measure one moving directly sideward to the man's right without turning.
4	Repeat the action of measure two making a half turn right.

It requires the four measures as described to dance the movement pattern. The distinctive quality of the step pattern is the hop-step. On the hop the free foot is lifted and brought close to the ankle of the foot taking the hop, as in the mazurka step. The leap is very light and quite unnoticeable. At a later period a step was substituted for the leap.