

VANDRA POLKA  
 (Estonian)

This dance does not use the traditional polka rhythm, but is danced in 3/4 polska rhythm.

Music Imperial 1035-B "Vandra Polka"--Imperial Baltic Album FD4

Formation Couples facing, both hands gripping upper arms of partner.

Steps Step-close\*, hop\*, run\*, mazurka step\*

Music (3/4)	Pattern
Measure	I. <u>Move Sideward and Turn</u>
A 1	M starting with L ft., W with R ft. M step swd. L (ct. 1), close R to L (ct. and), step swd. L (ct. 2), step R across in front of L (ct. 3).
2	Slight leap swd. L (ct. 1), hop L leaning slightly to the L (ct. 2), hop L(ct. 3).
3 - 4	Repeat action of meas. 1-2, M starting R and W L.
5 - 6	Repeat action of meas. 1-2, M starting L and W R.
7 - 8	Keeping same arm position take six running steps, turning clockwise in place, finishing in original places.
9 - 16	Repeat action of meas. 1-8.
	II. <u>Mazurka Forward, Run, and Turn</u>
B 1 - 2	In open position*, free hand on hips, both starting with outside ft., take two mazurka steps fwd. (M: slide L, cut, hop, bend L knee.)
3 - 4	Take five running steps fwd. (cts. 1,2,3,1,2), hop on outside ft. (ct. 3).
5 - 6	Starting with inside ft., take two mazurka steps fwd.
7 - 8	Keeping open dance position, take six running steps, wheeling in place, M moving bwd. W fwd.