

RUSSIAN POLKA

(Russia)

The Russian Polka was introduced to the San Francisco Bay Area folk dancers through members of the local Russian colony. It is a simple, gay ballroom dance, and should be performed with lightness and grace.

MUSIC: Records: Kismet 104; Kismet KA-1; Folkraft 1095;
Folk Dancer MH 1060.
Piano: Beliajus, F.V., "Dance and Be Merry", Vol I, Pg 19.

FORMATION: Cpls in Russian (Varsouvienne) pos in large circle, W to R of M. Face LOD (CCW).

STEPS AND STYLING: Russian Polka* (see Czech Polka): Done smoothly, with ft close to floor. Cpls sway from side to side while moving fwd. First step of each polka is slightly accented and is a long, smooth reaching step danced on the balls of the ft. Begin each Fig with L ft (both M & W).

MUSIC 2/4

PATTERN

Measures

I. TOUCH-EXTEND CHORUS

- 1 Touch L toe in front of R ft (ct 1). Extend L ft diag to L, straightening knee (ct 2). On each movement there is a little lift of the supporting heel.
- 2 Step L,R,L (cts 1,&,2). M step almost in place. W cross to L side of M. Cpls now face a little R of LOD.
- 3-4 Repeat action of meas 1-2 but start with R toe touching. W move back to R side of M. Cpls now facing a little L of LOD.
- 5-8 Repeat action of meas 1-4.

II. RUSSIAN POLKA IN LOD.

- 1-7 Dance 7 Russian polka steps moving in LOD.
- 8 Stamp R,L,R (cts 1,&,2) in place.

III. TOUCH-EXTEND CHORUS

- 1-8 Repeat action of Fig I.

IV. WOMAN TURN UNDER JOINED RIGHT HANDS

- 1-8 Release L hands. M polka fwd (following W) in LOD for 7 meas as W turns CW under joined R hands. On meas 8, stamp R,L,R in place, assuming original pos. W usually makes 4 turns.

V. TOUCH-EXTEND CHORUS

- 1-8 Repeat action of Fig I.

VI. WOMAN POLKA AROUND MAN

- 1-6 Keep both hands joined and held high. W circle once CCW around M with 6 Russian Polka steps. M dance almost in place.
- 7 W turn once CCW in place with 1 polka step to resume original pos.
- 8 Both stamp R,L,R in place.
- Repeat dance from beginning.

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