

PROGRESSIVE VARSOVIENNE

(American)

This is a version of a popular early American ballroom dance. The arrangement of the dance steps must be adjusted to fit the record being used. The following arrangement fits the Coast, Capital and Four Star records.

MUSIC: Records: Coast 225, Capital 4015, Four Star 1309, Victor 23-5144 or 23-0272.
MacGregor 398 (4 long, 4 short phrases: dance Fig. I, Fig. III).

FORMATION: Couples in a circle, Varsovienne position*, facing LOD.

STEPS: Varsovienne Step, Long Phrase and Short Phrase.*

*Described in *Folk Dances From Near and Far*, Vol. VI or VII; *Let's Dance!* Vol. A.

MUSIC 3/4	PATTERN
Meas.	
	I. <i>Into the Center and Out</i>
1-4	Both starting L, move diagonally twd center of circle with 1 long phrase. (W finish on M L).
5-8	Starting R, move diagonally out of circle with 1 long phrase. (W on M R).
9-16	Repeat Fig. I, meas. 1-8.
	II. <i>Four Short Phrase Steps</i>
1-2	Starting L, move diagonally fwd with 1 short phrase. (W move to M L).
3-4	Starting R, move diagonally fwd with 1 short phrase. (W move to M R).
5-8	Repeat Fig. II, meas. 1-4.
	III. <i>Four Short Phrase Steps Progressing</i>
1-2	Release R hands, retaining hold with L. W dances 1 short phrase step, making a half turn L and walking twd center on 3 walking steps, face partner on point. M dances 1 short phrase step in place.
3-4	W makes a half turn L under joined L hands, moving back to position on 3 walking steps of 1 short phrase. M dances in place.
5-6	Repeat Fig. III, meas. 1-2.
7-8	W gives R hand to M in back of original partner and walks into Varsovienne position with new partner, making a half turn L on 3 walking steps of short phrase. M moves slightly fwd on this step.
	Repeat entire dance as often as required to complete record.