## TULJAK (Tool-yak)

(Estonian)

MUSIC:

Record-Imperial 1207-Tuljak.

FORMATION:

Piano-Old Folk Dances from New Nations, Clayton F. Summy Co.

Couples in single circle facing CCW, W in front of M. Important—Throughout dance W has hands on hips and M has arms folded at chest level, unless otherwise

stated.

STEPS:

Polka", walk", balance\*.
On each step W begins R, M L. At all times they are on opp. ft.
On all nolka steps the ft. remain close to the floor.

On all polka steps the ft. remain close to the floor.			
MUSIC 4/4	PATTERN	Illustrations by Carol (	Cove
Measures			a)
4	INTRODUCTION.		
	I. Polka and Knock Elbows.		1
1-8	(a) With 8 polka steps, all move fwd. CCW in circle. As W takes		
	her R she looks back at the M over her L shoulder; as she step looks back over her R shoulder. With each step M leans fwd. s		
	tries to look into her eyes.	singinity as the	
1-8	(b) W turns CW to face partner and M drops his hands to his	hips. With 8	<i>!</i> \[
(repeat)	polka steps they move CCW in the circle, M going fwd, W b	wd. On each // //	
	step they turn slightly to knock elbows together—first the L and	d then the R.	[
	II. W Turns and Knocks Elbows		A
9-16	(a) Continuing in LOD, M moves fwd with 8 polka steps. W, whof M, turns continuously to her R (CW) with 8 polka steps (2 to		
17-24	(b) Report action of Fig. I, b.	o caen turn).	CS III
	III. Figure Eight and Knock Elbows.		, . ,
25-32	(a) W turns R to face CW and with M following her she describ	pes a "Figure 4	H'
20°02	Eight" with 8 polka steps. Since this imaginary eight lies on		7
	travels in a CW direction in describing the first half of the	Figure Eight	<u> </u>
	and CCW for the second half.		
33-40	(b) Repeat action of Fig. I, b.	(5)	Ca.
	IV. Balance, Cross and Point.		
41	Facing fwd (CCW) in varsouvienne position, balance fwd, M	L, W R.	
42	Bal. bwd, M R, W L.		
43-44	Repeat action of meas. 41-42.		A
45-46	M takes 3 steps (L, R, L) in place as he leads W across from L side, and then points his R toe fwd on floor.	Way.	
	Simultaneously W walks across in front of M (R, L, R), turn agonally R of L O D and points L toe fwd on floor.	- B	P.
	NOTE: As M and W point toe on floor they look at each other	her.	A
47-48	Repeat action of meas. 45-46, M beginning R and pointing I ning L and returning to M R side as she turns slightly CCW to		
49-52	Repeat action of meas. 41-44.		流
53-54	Still in varsouvienne position, M and W walk 4 steps fwd (CCV	18/7/ 18	
55-56	M and W put hands on hips and turn away from each other (M to		/////\
	with a 4 step turn to finish facing each other in a single circle of M with her back to L O D.	, Win front	
	V. Change Places and Around Each Other.		77
57-58	(a) With L hands on hips and extended R hands joined at ch	nest levrel W	/·(
31-36	travels bwd (M fwd) as couple progresses CCW on rim of o	circle with 2	ત્સ્મ
	polka steps.	9	
59-60	Moving CW around each other M and W exchange places with 2		
61-62	With L hands joined and R H on hips, M travel bwd (W fwe action of meas. 57-58.	d), repeating	Ŋ
63-64	Repeat action of meas. 59-60, circling CCW to own place.		3, E
65-68	With L hands on hips, R hands joined with forearms uprigh around each other with 4 polks steps.	it, circle CW	(7
69-72	With R hands on hips and L hands joined, circle CCW with 4	4 polka steps	4
TEMBER, 19	l to finish in own place. 51		
		//////////////////////////////////////	

SEP.

## TULJAK--Continued

MUSIC 4/4	PATTERN Illustrations by Carol Gove
1-8	VI. Push-Pull Polka.  (a) Partners face to face in single circle (M facing CCW, W CW) with both hands joined and arms extended, move fwd in circle (CCW) with 8 polka steps.
1-8 (repeat)	On first step they both push L arms fwd and pull R arms back; on second step they both push R arms fwd and pull L arms back, turning slightly from side to side with each step and continuing alternating push-pull.  (b) Assuming waist-shoulder position* partners take 8 polka steps turning CW as they progress in L O D.  Repeat entire dance. On final polka step M lifts W high into the air and places her on outside of circle. W assists M by jumping at the proper moment.