

Swiss Dance

DREIFACHE KREUZPOLKA - means "e ways" Cross Polka
(Bern)

RECORD: MH 1113

I. (Chorus) Cross Polka to Center and Out

Couples facing center of circle in open dance position - free fist on hip.

- Meas. 1-2 Starting with boy's L and girl's R - step, together, step to center - pt. heel of inside foot forward, then touch the toe, a little nearer other foot.
- Meas. 3-4 Drop hands, turn and join opposite hands and do same step toward the outside of circle, starting with man's R, lady's L.
- Meas. 5-8 In regular dance position, turn clockwise with "hop Schottische" (a step-together-step preceded by a little hop, which is like a "grace" note.) Make two turns with this step. This feels very right when it bounces just a little. Repeat all of I.

DREIFACHE KREUZPOLKA (cont'd)

II. Oberlander Cross Polka

In open dance position, inside hands joined facing forward.

Meas. 17-18 Starting on outside foot - 3 walking steps forward, hop on outside foot, pointing inside foot across it and pointing toe forward.

Meas. 19-20 Drop hands, turn toward each other, join opposite hands and do same steps in opposite direction.

Meas. 21-24 Repeat "hop schottische" turn in regular dance position.

Meas. 25-32 Repeat all of II.

III. Same as Figure I - into the center of the circle and out and repeat.

IV. Turning Cross polka

Partners in double circle, boy with back to center, hands on the hips (fists).

Meas. 33 Partners turn away from each other (boys to left - girls right) making complete turn, with two walking steps beginning with girl's right - boy's left.

Meas. 34 Step on man's left and girl's right, and cross the other foot and pointing toe.

Meas. 35-36 Repeat in opposite direction, starting with the free foot.

Meas. 37-40 "Hop Schottische" in regular dance position as in first part.

Meas. 41-48 Repeat all of Part IV.

V. Cross Polka (Part I)

Do this chorus toward the center of the circle again.

I (chorus) always precedes part II and is done again between II and III.