

POLKA ALEGRE  
(Mexico)

Polka Alegre (POHL-kah ah-LAY-greh) is a Mexican Polka from Northern Mexico.

Record: ECO #207: Polkas Alegres (L.P.) Side B, band 1.  
6/8 meter.

Formation: Contra formation with four cpls in each set. M has thumbs in belt; W holds skirt at side and moves it freely.

Meas

Pattern

- Part I.
- A 1-16 Basic step: A pas de basque step, lifting knees high, thus: leap onto R ft, diag R; place L heel in front of R ft; step on R. Repeat to the L, starting L.  
Everyone: Fwd four, back four, fwd four, back four.
- Part II.
- B 1-8 Head M, ft W do a R elbow turn (or swing) and return to place.  
Head W, ft M do the same. Use skipping steps throughout.
- Part III.
- B 1-8 Head cpl hold hands straight across. With outside ft (M L, W R) do a Heel-Toe. With inside ft do a Heel-Toe. Slide four slides to the ft of the set.  
Repeat Heel-Toe starting with M R, W L.  
Slide to the top of the set.
- 32 meas Repeat the dance, but during the first eight pas de basques, head cpl casts off around the outside and to the bottom of the set. As head cpls casts off, the others repeat Part I, advancing twd top of set during the first fwd and back. Cpl 2 is now head cpl. Original head cpl, now in 4th pos, joins in the 2nd fwd and back.
- 64 meas Repeat dance twice more (until all four cpls have been head cpl).
- Ending:
- A 1-8 Repeat Part I with cpl 4 casting off, others moving up.  
9-16 All go fwd again to end R shldr adjacent to ptr (four pas de basques). Circle around ptr CW (four pas de basques), and end facing head of hall (W turns 1/2 CW).  
1-8 Join inside hands with ptr and skip off floor, cpl 1 leading.

Presented by Alura Flores de Angeles