

DOUDLEBSKÁ POLKA (CZECH)

(An Easy and Funfall Mixer)

This dance was introduced in this country by Jeanette Novak, via the Hermanns.

RECORD: Polk Dancer M4 3016. Also, Polkraft 1413.

FORMATION: The dance may be done either in one big circle, or several smaller circles scattered around the floor. The description of the big circle version follows:

Part 1: Take partners in ballroom position and do a regular polka around the circle, one couple following another. This should be a rather heavy two-step polka, step-together-step; step-together step, etc. With very young people or those who are just beginning to folk dance a Varsovienne position may be substituted instead of a ballroom position. Or even an inside hand hold position may be used. The ballroom position is, of course the traditional hold.

Part 2: Men put their right arm around lady's waist as they stand side by side. Lady puts her left hand on man's right shoulder. Or if the situation is such you cannot use an "intimate" position, have them just hook inside elbows or hold inside hands. The men now put their left hand on the shoulder of the man ahead of them. This closes up the circle. Make sure that the men all move sideways to the center to catch up with the man ahead to save time. Now in this position all march forward around the ring and sing loudly, La, La, La, etc. This takes 32 walking steps.

Part 3: The men all face center as the girls drop behind their partners. The girls turn to face the other way, clockwise and will polka around the circle around the men, hands on hips, as at the same time the men will clap out a rhythm like this:

Facing center, men clap own hands twice, then extend both hands, palm outwards towards neighbor on each side and clap hands with him once. Repeat this over and over. For variation, the men may slap a thigh occasionally or duck down, or cross their own hands over when they clap neighbor's hands, etc.

At the end of this part, the men turn around and take whatever girl is behind them and resume dance from beginning. It will turn out that someone may center (The "lost and found" department) and be without a partner, in which case they go to the meet the other one without a partner.

If there are extra boys or girls, they can enter the dance during the clapping part for the men, and the girls can join the ring as the girls polka around the outside, then the ones without a partner wait one turn out. When the group is large, several circles may be made, in which case it is perfectly proper for girls to steal into another circle. The polka in this case is done anywhere around the room, and during the march, make circles of any number of people.

IMPORTANT: without the group singing during the march the dance isn't as much fun. Try to get them to sing by singing yourself. It doesn't have to be good, just loud. This little polka mixer has been a big hit in our groups with everyone from age of 5 up to 90. Have fun!