

# Doudlebska Polka

Czech

Notes by Andrew Carnie, October 28, 2001

Couple dance mixer

subscript letters represent opposite footwork

Polka step:

ah	1	&	2	&
hop L <sub>R</sub>	Step R <sub>L</sub>	Close L <sub>R</sub>	Step R <sub>L</sub>	
●	→	→	→	

When done couples, use ballroom position. M starts hoping on R, W on L. Use L step to travel counterclockwise around the dance hall. On the hop, turn 180° (turning clockwise), then do the step again M starting with a hop on the left, woman hop on R and continue travelling counterclockwise around the dance hall.

## PART 1 POLKA

Using 16 polka steps polka, around the room

## PART 2 WALKING

Open up so that couples are facing LOD (CCW) with the man on the inside of the circle. The woman has her left hand on the M's R shoulder, the M has his R hand on his partners back or R hip.

Using walking steps, walk for 32 counts. Men put their left hand on the left shoulder of the man in front of them, closing up the circle. W may wave their R hands.

## PART 3 THE NET!

Turn to face the center of the circle. Men gently throw their partners into the center of the ring and commence clapping the clapping sequence 16 times, trying not to let the women out of the center.

Clapping Sequence:

1	&	2	&
Clap own hands together	Clap own hands together	clap hands out against neighbor's hands	pause

Women try to escape, once they do they circle clockwise around the outside of the men, using a step-together-step (two step) to travel. They select a new man to dance with.