

FIST POLSKA
Finland

Beginner

TAPE: Port Townsend 1985

TYPE: Couples in a circle, men on inside, both hands joined.
Note: Polska - step, tog, step, leap fwd (1&23).

INTRODUCTION: yes

A. 3 polskas CW beginning L. 3 slow stamps L R L turning to face R.
REPEAT ALL IN REVERSE.

B. Drop hands, put fists on hips:

Jump on both feet, facing right with L toe pointing at partner.

Jump facing left with R toe pointing at partner.

Jump facing right with L toe pointing and L fist up.

Jump facing left with R toe pointing and R fist up.

Alone, buzz 5 to left once around, clapping on each, end with a
jump on both feet facing left.

REPEAT ALL.