

KINDERPOLKA

(German)

Kinderpolka means "children's polka", but despite it's name, this simple little dance does not include a polka step.

Suggested Kindergarten and grades 1-2.
grade level:

Record: Folkraft 1187x45 B (45 rpm)

Formation: A single circle of cpls, G on R of her ptr as they face the ctr. Ptrs face each other and join hands with arms extended and at shoulder height.

Meter: 2/4

MeasPattern1-2 INTRODUCTIONFIG I (Music A)

- 1 Step R to R twd ctr (ct 1). Close L to R (ct &).
Repeat cts 1, & exactly (cts 2, &).
- 2 Stamp R ft in place (ct 1). Stamp L ft in place (ct &).
Stamp R in place (ct 2). Hold (ct &).
- 3-4 Repeat meas 1-2, Fig I, reversing ftwork and moving away from ctr.
- 5-8 Repeat meas 1-4, Fig I.

Fig II (Music B)

- 1 Release joined hands and slap own knees with both hands (ct 1). Clap own hands (ct 2).
- 2 Clap both hands with ptr three times (cts 1, &, 2). Hold (ct &).
- 3-4 Repeat meas 1-2, Fig II.

Fig III (Music C)

- 1 Place R ft diag fwd R and shake R forefinger at ptr three times (cts 1, &, 2). Hold (ct &).
- 2 Repeat meas 1, Fig II but use L heel and L forefinger.
- 3 Turn CW individually once around in place with four running steps (cts 1, &, 2, &).

Continued..

4 Stamp R ft in place (ct 1). Stamp L ft (ct &). Stamp R ft (ct 2). Hold (ct &).

Dance repeats from beginning.

Note: In Fig II and III children can accompany their action by singing:

Clap knees, clap hands, and one, two, three,
Clap knees, clap hands, and one, two, three,
Now you be good,
Now you be good,
Turn around and
Stamp, stamp, stamp.

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Elementary Physical Education Teachers,
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