

Presented by Morry Gelman

MAINZER POLKA

(German Folk Dance)

RECORD: Folk Dancer MH 201.

This dance collected by Sid Gottlieb and presented at the ^{Maine} Folk Dance Camp and at Folk Dance House in 1960.

FORMATION: Partners in a circle, standing side by side, facing CCW.
Lady to Right of man.

PART I: Partners walk away from each other, man to his Left, lady to the Right, making a complete turn with 2 walking steps, starting on the outside foot (Man's Left, Lady's Right). Dancers now walk towards own partner with two more walking steps and take ballroom position and pivot around ¼ steps. Repeat this figure. (Hands are on hips while separating).

PART II: Boys take one big leap onto the outside foot, moving sideways to the middle of the circle, and then bring the other foot down beside it.

At the same time the Lady moves sideways Right with a "two-step" or step-together-step, starting on Right foot.

Now both the Lady and the Man move sideways towards each other with a "two-step" (step-together-step). Then take ballroom position and do ¼ pivot steps around the ring.
Repeat Part II.

PART III: Men take on step sideways towards center of circle on outside foot towards the Left on the Left foot and then Lift Right knee and clap quickly three times, once over the knee, once under the knee, and once over the knee. At the same time the Lady does a "two-step" sideways just as in Part II.

Then both the Man and the Lady move sideways towards each other, Man to the Right, Lady to the Left with a "two-step" (step-together-step) Take ballroom position and do ¼ pivot steps. Repeat Part III.

PART IV: Separate exactly the same way as in Part I. BUT instead of going into a ballroom position pivot, the Lady puts both hands on the man's shoulders and the man lifts the Lady high in the air and keeps her in the air as they make a complete turn with the man taking ¼ steps. He then deposits her down on the floor as in the beginning of the figure, facing counterclockwise. Repeat Part IV.

NOTE the lady must help by leaping up as he begins the lift and then straightening out her arms on his shoulders.

Repeat the entire dance from the beginning.

SPECIAL NOTE FOR AMERICAN FOLK DANCERS. The record is too long for the average folk dance group and we suggest therefore that you lift the needle at the end of the 3rd or 4th round, unless your group is indeed a very energetic one.