

# Polca Paraguaya

## POLCA PARAGUAYA (LLEGADA)

A free-style couple dance from Paraguay.

Record: Instituto de Educacion del Uruguay, #004, Side A, Band 2.

Formation: Couples in a circle.

Step: Polka step.

Figure 1: In ballroom position do 16 polka steps around the room.

Figure 2: Man follows woman as she moves around the room for a total of sixteen polka steps.

Figure 3: Man kneels while woman dances around man with 16 polka steps.

Figure 4: Repeat Figure 1 in shoulder-waist position.

Figure 5: Repeat Figure 2.

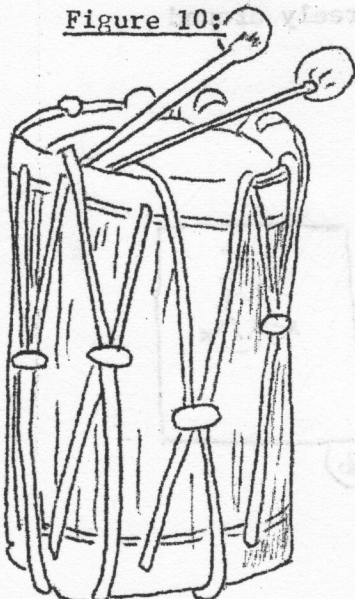
Figure 6: Repeat Figure 3 except that woman kneels and man dances around woman.

Figure 7: Repeat Figure 1.

Figure 8: Repeat Figure 2.

Figure 9: Do one polka step, accenting the first step, placing right shoulders adjacent. On next polka step, turn half around to place left shoulders adjacent. With three buzz steps turn to the left. Repeat with opposite footwork and direction. Repeat all of the above.

Figure 10: Repeat Figure 4, except that on measures 15 and 16 man grabs woman's right hand with his left and turns her under his left arm.



**BOMBO TUBULAR**  
(Used in Chacarera)