

## Finnish Polka

(Finland)

This is the Finnish version of the polka, one of the traditional dance forms common to many countries. The Finnish Polka is gay and spirited, accented with stamps interspersed at regular intervals. The couples move freely about the room in a CCW direction as is customary in social dancing.

Formation: Any number of couples in shoulder-waist position.

<u>Measure</u>	<u>Pattern</u>
1-3    ah 1 & 2	Beginning with a hop (M R, W L), couples turn CW while progressing in a general CCW direction 3 polka steps.
4       ah 1 & 2	Partners dance in place, retaining shoulder-waist position, with 1 hop (M L, W R). 3 stamps (M R, L, R, W L, R, L)
5-16	Repeat meas 1-4 three times.

Repeat entire dance as many times as desired.