

RUSKI POLKA

RUSSIAN POLKA

(Russia)

The Russian Polka is a couple dance that Alexandru David learned from the Beryyozka State Ensemble, Moscow in 1979

Record: Barinya, Alexandru David, 1979

Meter: 2/4

Formation: Couples in circle, social dance pos with extended arms, M's back to Center. All movement written for M, W do opp ftwk unless indicated.

MEASURE

PATTERN

INTRODUCTION:

- 1 Step L to L (1), close R to L (2)
- 2 Step L to L (1), stamp R no wt (2)
- 3 -- 4 Reverse meas 1 -- 2
- 5 -- 16 Repeat meas 1 -- 4

FIG. 1 Open social dance pos, travel LOD, outside ft starts

- 1 2-step; step L heel fwd (1), step R, L (& 2)
- 2 2-step; step R heel fwd (1), step L, R (& 2)
- 3 Step L (1), brush R (&), step R (2), brush L (&)
- 4 Step L (1), brush R (&), stamp R (2)
- 5 -- 16 Repeat meas 1 -- 4 Fig 1

FIG. 2 In place and turning CW

- 1 In place Step L to L (1), step R behind (&) step L to L, (2),
brush stamp R (&)
- 2 Reverse meas 1 Fig 2
- 3 -- 4 Making 1 complete turn CW Step L (1), brush R (&), hop on L (2),
brush R (&), step R (1), brush L (&), hop on R (2), brush L (&)
- 5 -- 16 Repeat meas 1 -- 4 Fig 2

FIG. 3 Much twisting of body as step across

- 1 Step fwd L, R (1, 2)
- 2 Step L bringing it far across R (1), touch R heel straight out to side
bending and opening L knee (2)
- 3 -- 4 Step R across L (1), touch L toe behind R to R (&), hop on R (2),
step L across R (&), touch R toe behind L to L side (1), hop on L (&),
stamp closing R (2), end facing ptr
- 5 -- 16 Repeat meas 1 -- 4 Fig e

FIG 4 Open social dance pos, travel LOD in circle, turning CW

- 1 -- 2 2 polka steps making full turn CW: hop on R (&), step L (1),
step R tog (&), step L (2), hop on L (&), step R (1), step L tog (&),
step R (2)
- 3 -- 4 Making full turn CW leap onto L (1), touch R in back (&), hop on L (2),
leap onto R (1), touch L in back (&), hop on R (2)
- 5 -- 5 Repeat meas 1 -- 2 Fig 4 making another full turn
- 7 -- 8 4 leaps L,R,L,R (1,2,1,2) completing 2 turns kicking ft out in back
- 9 -- 16 Repeat meas 1 -- 8 Fig 4

Repeat whole dance starting with Fig 2, 3, 4 addint Fig 5 to end of Fig 4

cont

RUSSIAN POLKA (continued)

FIG 5 Open social dance pos

- 1 -- 2 2 2-steps: step L,R,L (1,&,2), R, L, R (1, &, 2), body leaning fwd
3 Step L (1), brush and extend R fwd (&), hop on L (2) leaning back
4 Reverse meas 3 Fig 5
5 -- 6 Release ptrnr -- walk 4 steps L,R,L,R (1,2,1,2) making one full turn
away, free arms
7 -- 8 Face ptrnr -- step L (1), brush R out to side (&), hop on L (2),
step R (&), touch L far behind R (1), hop on R (&),
stamp L closing to R (2)

Repeat dance Fig 2 -- end on last time through on ending meas 8
(ct & of 1), push off of R heel up and fall back on L (2) leaving
R heel on floor

Presented by Alexandru David