

Polka Alegre is a Mexican Polka from northern Mexico. Nelda Guerrero Drury, noted Mexican dance authority, has presented this dance frequently in the United States.

Record: Eco 207, Side B, band 1.

Formation: Longway set, four couples, partners facing.

Steps: Pas de basque, heel-toe slide, skip. Pas de basque: Leap onto right, diagonally right; place left heel in front of right; step on right.

Directions for the Dance

Meter 2/4

Measures

1-8 Introduction: no action.

Part I

1-4 Beginning right, take four pas de basque steps, moving toward partner.

5-8 Take four pas de basque steps, moving away from partner.

9-16 Repeat action of measures 1-8.

Part II

9-16 Taking eight pas de basque steps, head man and foot lady meet in the middle, hook right elbows, dance around each other (or swing), and return to place.

1-8 Head lady and foot man repeat action of measures 9-16, part II.

Part III

1-2 Head couple join two hands. Man beginning left, lady right do heel, toe; man beginning right, lady left do heel, toe.

3-4 Take four slides to foot of set.

5-6 Man beginning right, lady left repeat action of measures 1-2, part III.

7-8 Take four slides to head of set.

9-16 Repeat dance from the beginning but, during the first eight pas de basque steps, the head couple casts off around the outside, traveling to the foot of the set. Couple 2 is now head couple.

Repeat dance until all four couples have been head couple.

Ending

While dancing the pas de basque step, partners move toward each other, pass right shoulders, go around once, join inside hands, and skip off the floor.

Style

Ladies pick up their skirts in front and "use" their skirts as they respond to the music; men place both hands behind their back when free, elbows slightly bent.

* Polka Alegre included by permission of Nelda Guerrero Drury, San Antonio College, San Antonio, TX.