

PHILIPPINE MAZURKA (Continued)

3 steps, and backward three steps beginning with outside foot. (Dancers may use grapevine step as alternative starting M L and W R.)

4. Moving forward about the hall, dancers take three mazurka steps ending with three steps in place to change position so M is on the outside. Repeat mazurka steps with M returning to the inside. Repeat four times in all.

REDOBA (Philippine)

Music: Philippine National Dances, Reyes Tolentino

Formation: Partners in ordinary dance position, R hand of the W and L hand of the M pointing down.

1. Using native waltz (step, close, step) dancers move at will in any direction 16 meas.
2. Executing the cut-step for M alternately L and R, dancers revolve in a clockwise direction while progressing counterclockwise.
Cut-Step: Described for M. Slide L ft. sideward to the L, cut L ft. sideward with the R, cut R with the L ft. raising R in back of L. Repeat to the R in the same way.
3. Execute native waltz steps as above.
4. In ordinary dance position M hops on L ft. 3 times and on the R ft. 3 times. W same with opposite ft. This is executed while revolving in a clockwise direction. Dancing in place dancers take 6 side cutting steps with the foot moving in a lateral direction sideward. M starts this step by stepping on L ft. and swinging R ft. laterally sideward R. Repeat the full pattern 3 more times.

Polish Polka
Mazurka

POLISH POLKA MAZURKA

Music: Any even phrased mazurka, preferably Polish

Formation: Double circle with man on the inside.

1. Step kick swing (for man--woman does same with opposite foot)
Step kick-swing R ft. across L.
Step kick swing L ft. across R.
2. Running Mazurka. Man moves forward with L (accent) right, left, and right, left right. Girl turns out under joined arms after step kick-swing doing 2 mazurka patterns of right, left, right, left, right, left.
3. Click step. (For man while girl moves along with running mazurka step.)
Man moves sideways facing girl, both progressing forward.
Stamp left, knock left foot away with right, clicking heels twice in the air. During clicks, weight is on man's right foot.
4. Cross step. (After click step, man steps directly toward the girl)

POLISH POLKA MAZURKA (Continued)

at the same time taking waist turning position.) Man steps left, right, left--girl steps right, left, right (leaning away). Man steps right (accenting step and holds 3 cts.) Girl steps left (accented, 3 cts.) and faces man in original position.

KOLOMEYKA

Music: Kismet A-115.

Formation: Couples in a square formation.

1. Partners join hands shoulder height. Using Kolomeyka step, couples move counterclockwise around the square using a "push pull" action as they progress in the line of direction. (Kolomeyka step: leap forward R, bring the L ft. up to the R, rise on toes and heels sink.)
2. Chorus in Hungarian turn position. Partners turn with hop, step, step turn R seven measures and take a break step (L, R, L). Repeat hop, step, step turn with L hips adjacent. (Hop, step, step: With a lifting movement "as if taking off from a springboard" hop on the R ft., step fwd. on the L ft. and step fwd. on the R ft. The hop on the R ft. comes with the up-beat.)
3. Partners facing in a single circle, with hands on hips, palms down, fingers forward. Each dancer performs a zigzag pattern using the Kolomeyka step moving alternately to the R and L. End with Kolomeyka turn both ways.
4. Squat step for M, push step for W. Square forms single circle formation. The M has his back to the center of the square, his L hand behind his neck with his R hand extended. The W faces the center of the square with her R hand behind her neck and her L hand extended.
M's squat step: While moving forward the M assumes squatting position with weight on his R ft., M comes to standing position flinging L ft. forward. Continue 3 times in all (6 cts.)
Stopping on R ft. M swings L ft. through with a fling at the same time bringing his R hand to his neck and extending his L hand forward. M repeats the above pattern 4 times in all. (16 Meas.)
W's step: With her R hand behind her neck and her L hand extended the W takes 7 push steps progressing around the circle. On the "ct. 7 and" the W takes a half turn L away from the center of the circle and continues with the push step turning toward the center on "ct. 7 and". Continue completing 4 patterns in all in 16 meas.
5. Chorus step. Repeat step 2.
6. With hands on hips dancers perform the Kolomeyka step alternately L and R at the same time moving slightly toward the center of their square to form the basket. The basket moves L with the hop-step-step pattern, hopping on the R ft. End with break step.