

POLKA SALA
(Philippine)

Source: As taught to Henry "Buzz" Glass by Mrs. Ruth Voss, graduate, University of the Philippines.

Music: Imperial 1186 "Polka Sala"

Piano: Philippine National Dances, Reyes-Tolentino

Formation: Couples in closed position. Extended arms are held straight. = *below*

Measures I. Polka Around Hall

1 - 16 Couples polka freely rotating clockwise and progressing counter-clockwise about the hall for 16 meas., executing plain polka step (like American Two-Step). The body sways gracefully in the direction of the step. The step is performed smoothly and lightly.

II. Polka Step and Heel and Toe

1 - 2 Partners join inside hands, M free hand in hip, W hand on skirt. Starting with outside foot take one polka step fwd. Place inside heel forward and touch toe of inside foot backward.

3 - 4 Dropping hands and turning inward-dancers face in clockwise direction and rejoin hands (inside), hold free hands in same manner as above.

5 - 16 Repeat polka step and heel and toe of meas. 1-2, M start R; W, L. Repeat action of meas. 1-4 making 4 patterns of polka step and heel and toe in all. At the end of this figure, M steps in back of W.

III. Point and Polka

M stands in back of W with joined hands *Varsovienne except* extended sideward, L in L and R in R. Dancers face CW.

1 Dancers point R foot fwd and then point it close to L foot. As R foot points dancers bend the trunk lowering R hands and raising L.

2 Dancers take one plain polka step fwd R.

3 - 4 Repeat action of meas. 1-2 moving fwd L.

5 - 16 Repeat action of meas. 1-4 moving fwd alternately R and L.

IV. Galop

1 - 2 With hands extended to the sides as in Fig. III dancers take 4 galop steps moving diagonally fwd R. L arms are raised and R arms are lowered.

3 - 4 Moving diagonally fwd L, dancers again take 4 galop steps with R arms raised and L arms lowered.

5 - 16 Repeat action of meas. 3-4 executing this step 4 times in all.

This description not to be reproduced for commercial use.