

1961 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Francisca Aquino

POLKA SALA -(Demonstration Version)

(Philippine)

SOURCE: The ballroom version of this dance is described in the accompanying sheet. The MUSIC and COUNTS are the same as in the ballroom Polka Sala.

Philippine dance from Tagalog.

RECORD: Folk Dancer MH 2025

FORMATION: Dancers arranged in columns, in sets of four or eight pairs, or in any desired formation. Any number of pairs may take part. Couples are given numbers, No. 1's and No. 2's, alternately from front to rear.

 Pattern

Meas.

INTRODUCTION:

- 2 Partners stand side by side, girl to Right of boy, facing front for 2 measures. Join inside hands, girls hold skirts, boys put free hands on hips for 2 measures.

PART I POLKA FORWARD, MUSIC A.

- 8 a) Starting with outside foot take 8 polka steps forward swinging joined inside hands backward and forward. Partners look at each other when swinging hands backward and look away from each other when swinging hands forward, free hands as in introduction.
- 8 b) Release hold. Turn away from each other to face opposite direction (Right turn for Girl, Left turn for Boy). Join inside hands, free hands as in (a). Repeat (a) starting with inside foot.

PART II POLKA, HEEL AND TOE, MUSIC B

Release holds. Turn toward each other to face front (right turn for Girl, left turn for Boy).

- 16 Repeat Figure II of the ballroom POLKA SALA facing front and facing rear alternately.

PART III POINT, CLOSE, POLKA SIDEWARD, MUSIC A

- 16 Same position as in figure III Ballroom POLKA SALA partners facing front throughout this figure. Repeat Figure III of same dance.

Continued...

Polka Sala (cont'd)

Meas.

PART IV GALOP RIGHT AND LEFT, MUSIC C.

- 16 Same position as in Figure III, partners facing front throughout this figure and do figure IV of the Ballroom POLKA SALA, facing front always.

PART V POLKA CLOCKWISE AND COUNTERCLOCKWISE, MUSIC A.

- 4 a) Partners face each other. Join Right hands, free hands as in Figure I. Starting with Right foot, take 4 polka steps forward moving clockwise. Finish in proper places. Look at each other.
- 4 b) Release Right hands, join Left hands, free hands as in (a). Repeat (a) moving counterclockwise.

PART VI POLKA, HEEL AND TOE, MUSIC B.

- 16 Repeat Figure II.

PART VII POINT, CLOSE, POLKA SIDEWARD, MUSIC A.

- 16 Repeat Figure III, No. 1's going sideward Right and Left alternately; No. 2's going sideward Left and Right alternately. Finish in proper places.

PART VIII RIGHT AND LEFT SQUARES, MUSIC C.

Same position as in Part IV.

RIGHT SQUARE

- 2 a) Partners face front. Take four galop steps sideward Right, Right foot leading. Left arms high, Right arms down, bend trunk slightly to sideward Right.
- 2 b) Turn Right and repeat A for 2 measures.
- 4 c) Repeat B two more times, finish facing front.

LEFT SQUARE

- 8 With Left foot leading and turning Left always, repeat all of (a-c).