

## Prigorska Polka

Source: Nena Sokčić of Lado

Time: 2/4

Position: Couples either in ballroom position with joined arms straight or side by side with inside hands joined.

Record: FR-4107

- Steps: A. Prigorska Polka- In ballroom position beginning M's L. and W. R., M moving forward take 2 steps on fairly straight legs (ct.1&) take one more step and hold (ct.2&). Repeat with opposite footwork.
- B. Slide- With weight on M's R., W's L., jump to the side off of these feet onto the opposite ones (ct.&1) Repeat twice with free foot.(ct.&2) Repeat whole figure to other side.
- C. Normal Polka- This is a normal "American-Type" polka, that is hop step step.

Measure: Figure 1

1-8 Dance 8 prigorska polka steps in a line around the circle.

9-16 Dance 4 slides.

Figure 2

1-16 Same as figure 1 except that the couple makes a small circle to the left around themselves for the 16 steps.

Figure 3

1-8 Man moves forward in LOD for 8 Prigorska Polka steps.

9-16 Moving around the circle dance 8 normal polka steps in ballroom position.

Figure 4

1-8 Side by side (M's on W's left) with inside hands joined at shoulder height, M's free hand open behind back W's on hip, dance 8 Prigorska Polka steps with M leading lady around in a circle

9-16 Same as meas. 9-16 of figure 3.