

# sadala polka

- ESTONIAN -

RECORD: Folk Dancer MH 3026

NOTE: The Estonians enjoy making fun of themselves and their neighbors. This dance is the story of how a travelling merchant introduces snuff to an unsuspecting peasant girl. There are disastrous results for both, but the dance ends with everyone in good spirits.

## FORMATION-

Couples, in a single circle. Man is facing clockwise, with his back to the line of direction; girl faces him.

Figure 1- Facing each other, clap own thighs (on the sides, arms straight, do not bend knees) (count 1), clap own hands (count 2), clap partner's hands (counts 1 and 2...only one clap).

Repeat.

Clap thighs (count 1), clap own hands (count 2), clap partner's right hand (count 1) and then left hand (count 2).

Clap thighs (count 1), clap own hands (count 2), and partner's hands (counts 1 and 2).

## CHORUS-



The man turns to his left and polkas forward around the circle, counter-clockwise. He looks back at his partner over his right shoulder and then his left, with hands clasped loosely behind his back. The girl follows the boy with polka steps, shaking first her right forefinger, then her left at the boy.

The polka step used is done in typically Estonian style, as follows: starting with a small hop from left foot, spring up to come down on both feet with the right foot a little in front of the left foot (actually, the left foot should hit the ground before the right foot, like a grace note) (count 1), step on the left foot in place (count 2), step on the right foot in place (count 2 &). Repeat with opposite feet. The forward movement comes on Count 1 as you hop up, the trailing leg comes from behind to pass the other foot. This is a light, bouncy step; the body moves freely and naturally. It is tricky and requires practice, but when you have learned it correctly, it's fun to do.

Figure 2- Facing each other, clap own thighs (count 1), clap own hands (count 2), clap partner's hands and at same time jump and come down on both feet with right foot extended forward (count 1 and 2).

Repeat, but extend left foot forward on the jump.

Clap thighs, clap hands, and while clapping partner's hands and holding that position for two counts, change feet right and left.

Clap thighs, own hands, and partner's hands, bringing feet together with a little jump on last measure.

