

Sønderhøj - Denmark

National 4510-B (45 rpm)

2/4

Cpls facing LOD, MRH holds W's L wrist.

- I. Walk in LOD with 16 light, springy steps. On #16 step into turn pos: M puts joined RH/wrist behind W's back; WR arm around M's body below arm; ML arm over W's R arm; MLH joins WLH behind her back.

Turning Step

M: Step L across front of W to outside (ct 1); continue turning to face cntr, touching R beside L (ct 2); continue turn, stepping R in LOD (ct 3).

W: Turning step: R-close-R (ct 1,&,2), step L (ct 3).

Note: One full turn is made on each 3 counts. The steps are small and bouncy, one bounce on each count.

Use the above turning step to make 5 turns (15 cts); plus 1 light stamp (ML,WR no weight) beside standing foot, while releasing the turn pos (drop ML, WR H; keep MR/WLwrist) to face LOD for the repeat of the dance.

Sternpolka - Austria

TANZ EP 58117

2/4

(Please do not use the Czechoslovak "Doudlebska Polka" record for this dance, even though the melody is the same.)

Cpls in modified Shoulder-shoulder blade Pos: MLH is at back of W's R upper arm, just below shoulder; WRH on M's upper arm.

Basic Polka Step: a "balance polka" (or pas-de basque) in Q,Q,S rhythm, with a soft "down-up-down" bounce, using small steps. There is not much fwd movement in the circle. Do not use a regular "slide-turn" polka.

INTRO - 4 meas

- I. 16 polka steps (see above).
 - II. Drop ML, WR H's, retain arm around ptrn; walk in LOD 32 steps, making circle small enough that M can put LH on the L shoulder of the M ahead as they walk.
 - III. Drop H's. M face cntr; clap own thighs (both H's), clap H's in front, clap out to side with both neighbors, clap in front twice. (rhythm: S,S,S,Q,Q) Do clap pattern 8X total.
- W: Walk CW around circle 32 steps, stopping behind a new ptrn.
- M turn around to get a new ptrn and REPEAT dance from beginning.