

Sudmalinas

LATVIAN

For Groups of Two Couples—Mixer

Sudmalinas (*Sood-mah-lee-nyas*) means "Little Mill." As a mixer this dance is very effective, for not only does it mix partners but also it mixes couples. The whole dance is done smoothly; the polka is danced with only a slight hop and at a moderate tempo.

PART ONE:

Position: Groups of two couples each; girl to boy's right. All join hands in a circle.

Meas. 1-6. Starting with R foot, circle to the right with six polka steps.

Meas. 7-8. Clap own hands three times.

Meas. 1-8 (repeated). Repeat same to left.

PART TWO:

Position: Partners facing; boy's hands on girl's hips, girl's hands on boy's shoulders.

Meas. 9-16 (repeated). Couples polka around each other. (The two couples who danced with each other in part one remain near each other.)

PART THREE:

Position: Join R hands in the center in a right hand mill. Hands high above heads.

Meas. 17-22. Polka six times clockwise.

Meas. 23-24. Clap hands three times.

Meas. 17-24 (repeated). A left hand mill (L hands in the center). Repeat Meas. 17-24 counter-clockwise.

PART FOUR:

Position: Change partners. Boy No. 1 dances with girl No. 2, while boy No. 2 dances with girl No. 1 in a dance position.

Meas. 25-32 (repeated). Couples waltz anywhere, finish in groups of two new couples.

Repeat dance as often as desired.