

TULJAK

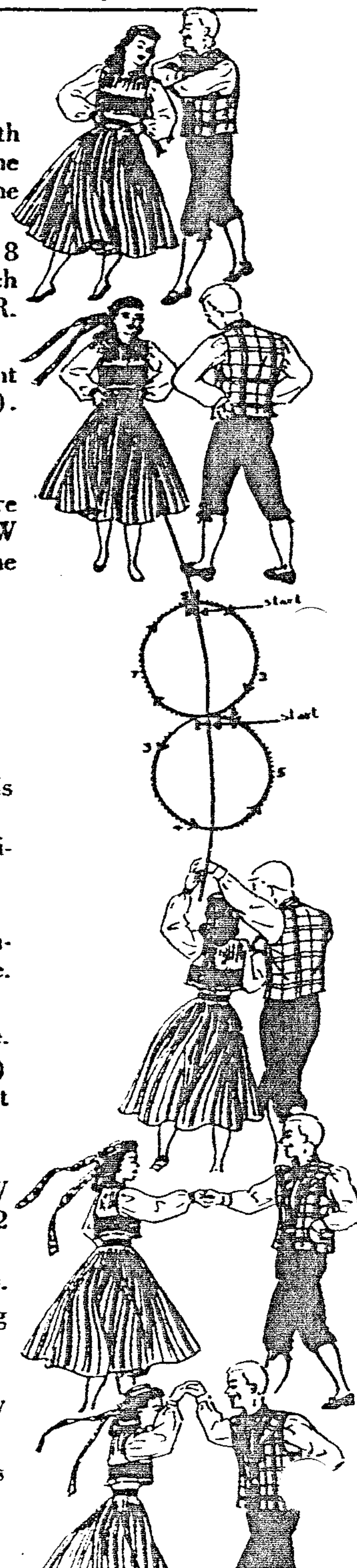
(Estonian)

- MUSIC:** Record—Imperial 1207
Piano—Old Folk Dances from New Nations, Clayton F. Summy Co.
- FORMATION:** Couples in single circle facing CCW, W in front of M. *Important*—Throughout dance W has *hands on hips* and M has *arms folded* at chest level, unless otherwise stated.
- STEPS:** Polka*, walk*, balance*.
On each step W begins R, M L. At all times they are on opp. ft.
On all polka steps the ft. remain close to the floor.

MUSIC 4/4 **PATTERN** **Illustrations by Carol Gove**

Measures

- 4 INTRODUCTION.**
I. Polka and Knock Elbows.
- 1-8 (a) With 8 polka steps, all move fwd. CCW in circle. As W takes the step with her R she looks back at the M over her L shoulder; as she steps with L she looks back over her R shoulder. With each step M leans fwd. slightly as he tries to look into her eyes.
- 1-8 (b) W turns CW to face partner and M drops his hands to his hips. With 8 polka steps they move CCW in the circle, M going fwd, W bwd. On each step they turn slightly to knock elbows together—first the L and then the R.
- (repeat)
- II. W Turns and Knocks Elbows**
- 9-16 (a) Continuing in LOD, M moves fwd with 8 polka steps. W, who is in front of M, turns continuously to her R (CW) with 8 polka steps (2 to each turn).
- 17-24 (b) Repeat action of Fig. I, b.
- III. Figure Eight and Knock Elbows.**
- 25-32 (a) W turns R to face CW and with M following her she describes a "Figure Eight" with 8 polka steps. Since this imaginary eight lies on the circle W travels in a CW direction against LOD in describing the first half of the Figure Eight and CCW twd LOD for the second half.
- 33-40 (b) Repeat action of Fig. I, b.
- IV. Balance, Cross and Point.**
- 41 Facing fwd (CCW) in varsouvienne position, balance fwd. M L, W R.
- 42 Bal. bwd, M R, W L.
- 43-44 Repeat action of meas. 41-42.
- 45-46 M takes 3 steps (L, R, L) in place as he leads W across from his R to his L side, and then points his R toe fwd on floor.
Simultaneously W walks across in front of M (R, L, R), turns to face diagonally R of L O D and points L toe fwd on floor.
NOTE: As M and W point toe on floor they look at each other.
- 47-48 Repeat action of meas. 45-46, M beginning R and pointing L; W beginning L and returning to M R side as she turns slightly CCW to point R toe.
- 49-52 Repeat action of meas. 41-44.
- 53-54 Still in varsouvienne position, M and W walk 4 steps fwd (CCW) in circle.
- 55-56 M and W put hands on hips and turn away from each other (M to L, W to R) with a 4 step turn to finish facing each other in a single circle, W in front of M with her back to L O D.
- V. Change Places and Around Each Other.**
- 57-58 (a) With L hands on hips and extended R hands joined at chest level, W travels bwd (M fwd) as couple progresses CCW on rim of circle with 2 polka steps.
- 59-60 Moving CW around each other M and W exchange places with 2 polka steps.
- 61-62 With L hands joined and R H on hips, M travel bwd (W fwd), repeating action of meas. 57-58.
- 63-64 Repeat action of meas. 59-60, circling CCW to own place.
- 65-68 With L hands on hips, R hands joined with forearms upright, circle CW around each other with 4 polka steps.
- 69-72 With R hands on hips and L hands joined, circle CCW with 4 polka steps to finish in own place.



TULJAK (Continued)

MUSIC 4/4

PATTERN

VI. *Push-Pull Polka*

1-8

(a) Partners face to face in single circle (M facing CCW, W CW) with both hands joined and arms extended, move fwd in circle (CCW) with 8 polka steps.

On first step they both push L arms fwd and pull R arms back; on second step they both push R arms fwd and pull L arms back, turning slightly from side to side with each step and continuing alternating push-pull.

1-8

(b) Assuming waist-shoulder position* partners take 8 polka steps turning CW as they progress in L O D.

Repeat entire dance. On final polka step M lifts W high into the air and places her on outside of circle. W assists M by jumping at the proper moment.

Presented by:
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