

TULJAK  
(Estonian)

MUSIC: Record: Imperial 1207

Piano: Old Folk Dances from New Nations, Clayton F. Summy Co.

FORMATION: Cpls in single circle facing CCW, W in front of M.

Important - Throughout dance W has hands on hips and M arms folded at chest level, unless otherwise stated.

STEPS: Polka\*, walk\*, balance\*.

On each step W begins R, ML. At all times they are on opp. ft.

On all polka steps the ft remain close to the floor.

MUSIC: 4/4

<u>Measures</u>	<u>Pattern</u>
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 ptr 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.
	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 pos, balance fwd, ML, WR.
42	Bal. bwd, MR, WL.
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 diag. R of LOD 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 MR side as she turns slightly CCW to point R toe.

49-52 Repeat action of meas. 41-44.

53-54 Still in varsouvienne pos, 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 LOD.

#### 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 cpl progress 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.

#### VI. Push Pull Polka

1-8 (a) Ptrs 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 second step they both push R arms fwd and pull L arms back, turning slightly from side to side with each step and continuing alternately push-pull.

1-8 (b) Assuming waist-shoulder pos\*, ptrs take 8 polka steps turning CW as they progress in LOD.

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.