

Polka

(a quick partner dance)

If you can waltz and schottische,
you can polka.

Beat:	1	+	2	+		3	+	4	+	
	Step, step, step,			pause/turn/hop;		step, step, step,			pause/turn/hop	
	(Step, change weight,			pause;		step, change weight,			pause)	

BASIC POLKA

Start: In the waltz position: Gentleman's back towards the center of the room (he faces the wall). Lady's back towards the wall (she faces the center of the room). Gentleman's left hand in lady's right hand; lady's left hand on gentleman's right shoulder; gentleman's right hand on lady's backbone at the waist; both dancers give weight.

Basic

Steps: Gentleman will step out on the left foot, bring the right foot to the left foot and step on it changing weight, step out again on the left foot, and hop on the left foot turning clockwise with right foot in the air.

Lady's will step out on the right foot, bring the left foot to the right foot and step on it changing weight, step out again on the right foot, and hop on the right foot turning clockwise with left foot in the air.

All together

	Gentleman	Lady
1	Step left	Step right
+	change weight onto right foot,	change weight onto left foot,
2	step left,	step right,
+	hop (on left, right in air)	hop (on right, left in air)
	and turn clockwise halfway	and turn clockwise halfway
3	Step right	Step left
+	change weight onto left foot	change weight onto right foot,
4	step right,	step left,
+	hop (on right, left in air)	hop (on left, right in air)
	and turn clockwise halfway	and turn clockwise halfway

Repeat, repeat, repeat....

Notes:

Use a chasseur step to slide (1 + 2...3 + 4).

On the second and fourth "+" beats (1 + 2 ± 3 + 4 ±) the dancers may either;
hop and turn; turn; hop and pause; pause.

It all depends on the direction of travel and the dancer's discretion; the important point is that a step is not taken on this beat.

Variations include:

sliding on the second forward moving step to cover ground; the gentleman turning the lady underarm into a front facing position and stepping forward. Be creative.