

# POLKA VARIATIONS BY POSITION

## **WALTZ POSITION:**

Basic, turning

Galop Variations – 4s and 8s

Pursuit – backing the lady

Esmeralda – 4/2/2; Repeat on other side

Coquette – release and follow

## **SIDE-BY-SIDE:**

Forward, promenade

Skater's position

## **RIGHT IN RIGHT or LEFT IN LEFT:**

Allemande - Lady turns under

Cross-hand turning – all hands close to heart

## **INSIDE HANDS:**

Vis a vis – face-to-face, back-to-back

Lady turns under