

Vintage Dance Society

The Polka

The Steps

- Basic Polka ^{1,2,3} Starting with first foot (mans left, ladies right) step to the side, close next to first foot with the second, and then step and hop on the first foot, turning as a couple 180° on the hop. Then step with the second foot, close next to first foot with the second, and then step and hop on second foot turning as a couple 180° on the hop. (Many sources indicate that this step begins with a hop on second foot before taking the first step.)
- Pursuit (Back the Lady) ^{1,6} Man polka forward, lady back without turning. Can be done in ballroom or open hand hold. (Can also be used to back the man.)
- Galop ^{4,3,5} Starting with first foot, step along line of dance, close other foot behind. Usually done in sequences of 4 or 8 steps. Can be turned or not. Also called slide-galops or chasses.
- Esmerelda ^{1,2,3,5} Two galops (slide, close, slide, close) on first foot, 2 polka steps, two galops on second foot, 2 polka steps.
- Bohemian ^{6,7} Position the free leg straight out with heel down and toe up, then close the same leg to the supporting foot with the toe down; polka to the side, with or without turning. (Briefly mentioned in Durang and Cellarius, fully described in Dodworth, 1885)
- Zuma L'Orientale ^{1,3} Two turning polkas. Point straightened free foot (counts 1 & 2), then close to supporting leg (count 3), then slide forward and turn half way (count 4). End with one more turning polka.
- Sicilienne ^{1,2,3} Hopping 4 times on second foot, close in back, close in front, point free foot to side, close in front; 4 galops (with turn). Repeat with second foot.
- Valse a Deux Temps ^{1,2,3}
(Two-Step) A waltz step in polka time. A polka step done smoothly, turning constantly with no hops.
- Front to Front/Back to Back ^{6,7} Leading the lady with the right hand, alternately face each other and then turn away from each other.

The following steps are taken from materials and workshops presented by Mr. Richard Powers and Dr. Patri Pugliese. While there are inferences to some of these steps in the manuals I have reviewed, they are not fully described in them.

- Promenade In a side by side position (the man's right arm around the lady's waist, lady's left hand on man's right shoulder), step forward on first foot, close second foot to first foot, step forward again with first foot, and hop. Repeat beginning with second foot.
- Pas D'Allemande
(Turn the Lady Under) Right hand in right with raised arm, the lady polkas under the raised arm while the gentleman pursues w/o turning.
- Coquette (The Chase) The lady escapes from her partner and polkas forward while he pursues. Flirtation, not speed, is preferred.

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