

Paired POLKA & WALTZ Variations

— Courtesy of Richard Powers —

Promenade: Polka forward in open side-by-side promenade position. Man has L arm akimbo, R arm around lady.

Vis à Vis: Gent's R hand takes lady's L hand. Polka one bar face-to-face, then polka one bar back-to-back. Repeat.

Waltz Version: Swing hands forward on first bars, back on second bars.

Hop Waltz: *Deux temps* with a *jeté* (leap) on count one. Do not hop on count 4.

Valse à Deux Temps: A polka without any hops which turns as smoothly as a waltz.

Waltz Version: IS the basic rotary waltz.

Reverse Polka: Simply a polka or *deux temps* that turns counter-clockwise. Man still begins L foot and lady R.

Pursuit: One of the dancers polkas backwards while the other advances, in closed waltz position.

Coquette (Love Chase): The lady escapes from her partner and polkas solo while the gent pursues her, arms akimbo.

Pas d'Allemande: Take R hand with partner's R hand. The lady polkas turning under the man's raised R arm.

Waltz Version: The lady may choose to turn under with a pair of **canter pivots**, or on waltz and then pivots.

Crossed-Hand: Keeping the Allemande R hands, offer L hands below, held close to the heart, and polka.

Moulinet of Single Hands: Take R hands with partner and polka forward around each other. Then L hands back.

Bohemian (Heel & Toe): Place the straightened first leg to the side, heel down, toe raised, then close this foot to the supporting foot (1 bar); polka 1 bar. Repeat opposite (another 2 bars). Conclude with 4 bars of turning polka.

Zulma L'Orientale: Start with 2 bars of turning polka; stop and point the first foot straight forward to the floor then close it back to the supporting foot (1 bar), and conclude with one more bar of turning polka. Repeat opposite.

Waltz Version (Varsouvienne): Half-waltz and point. Repeat opposite. 4 waltzes.

Redowa: The Redowa step (turning *pas de pasque*) can be done in polka time. Must be learned in class.

Hungroise: Two *coup de talon* mazurka heel-clicks toward LOD, followed by 2 bars of turning Redowa. Then galop.

4-Slide Galop: Do 4 straight slides of a galop toward LOD, turning halfway on the 4th. Repeat opposite, to LOD.

Waltz Version: Slow 3-Slide Galop.