

VANDRA POLSKA  
(Estonian)

First presented at the State Festival of the Folk Dance Federation of California, Fresno, in May 1947, by Paul Erfer.

Music Record: Vandra "Polka", Imperial (BAL TIC Album FD-4,) record 1035-B.

Formation Couples, both hands clasping partners' upper arms.

Music 3/4)

Step Pattern

Measure

- I. M starting with L foot, W with R foot.
- 1 M step L to side L (ct. 1), close R foot to L (ct. and), Step sdwd L (ct.2), step R across in front of L (ct.3);
- 2 Slight leap sdwd L (ct. 1), hop L, leaning slightly to the L (ct. 2), hop L (ct. 3).
- 3-4 Repeat action of meas. 1-2, starting R.
- 5-6 Repeat action of meas. 1-2, starting L.
- 7-8 Six running steps clockwise once around to place.
- 9-16 Repeat all of meas. 1-8.
- II. Open dance position, free hand on hip.
- Starting with outside foot:
- 1-2 Two mazurka steps fwd (M: slide, cut, hop, bending L knee);
- 3-4 Five running steps fwd and hop on the outside foot.
- Starting with inside foot:
- 5-6 Two mazurka steps fwd;
- 7-8 Six running steps, turning in place, counterclockwise (M moving bwd, W fwd).

SALTARELLO

Music: Imperial 1055, Italian Folk Dance

Formation: In couples facing counterclockwise around the room. Girl to R of man, arms interlaced around each others shoulders, girl's arm underneath man's. Man rest LH on his hip, girl hold out apron with her RH.

1. 32 skipping or springing steps around the room in a circle. On the last 4 bars, partners separate to face each other about 6 feet apart.
2. Girl holds out apron with both hands; man holds RH above his head, LH on hip. 4 Saltarello steps: spring alternately fwd and back from one foot to the other fwd on R and backward on L, remaining in place while doing so. Partners change places with 8 skip steps, passing to R. Turn to face and repeat Fig. 2.
3. Man kneels while girl dances around him holding out apron with both hands, with 4 step-swings, starting with RF. Now girl kneels and man dances around her in the same manner, with RH held above his head.

SALTARELLO (Continued)

4. Partners take inside hands, with outside hands held out to side. 8 skips fwd, 8 skips moving bkwd. Join RH in a close arch and take 16 skips around each other.

Repeat the dance from the beginning and terminate with the following pose: Man kneels with R arm raised, LH on hip. Girl stands on LF with toe of RF resting on ground behind, heel raised. Her R arm is raised in elbow turned toward partner.

SPACIRKA

Czech Folk Dance

Music: Recording being prepared by Imperial.

Formation: Couples facing CCW; inside hands joined, outside hands on hips.

1. 4 polkas turning first back-to-back, then face-to-face. Link adjacent arms and walk forward with 4 steps. Face each other and bow.
2. Cross LF in front of R, and make a complete turn about to R, pivoting on RF, and bow. Cross RF in front of L, and make a reverse turn, pivoting on LF, and bow.
3. With hands on hips, girl polkas fwd ahead of man, turning continuously around to the R, while man follows directly behind, stamping and clapping with each polka step as he dances fwd. 4 polkas. Finally partners take dance position and do 4 polkas turning CW and advancing around the room CCW.

DARGASON

English Country Dance

Music: H. M. V. O O O O X X X X

Formation: Line for 4 couples, arranged thus: 4 3 2 1 1 2 3 4, facing in toward each other.

1. First couple side (running step); they set to each other, and pass by each other by L shoulder turning single as they do so. First and 2nd couples (1st M and 2nd W and 2nd M and 1st W) side, set, and turn single, passing each other as before. Same movements performed by 3 pairs of dancers. Same movement by all 4 couples. At the end, all the dancers make a half turn M cw and W ccw, and face in reverse direction. The same movements are repeated in reverse order, the M moving down and the W up. Thus the 4th couple dances the figure once, the 3rd couple twice, the 2nd couple 3 times, and the 1st couple 4 times or continuously. At the end of the first half of the figure the last M and last W remain in their own places and remain there for the rest of the figure. In each subsequent change, 2 dancers, one at each end, will in like manner reach their own place and become neutral, so that at the conclusion of the final repetition (danced by the first couple only) all the dancers will be in their original places.