

LÜDERE POLKA
(Switzerland)

Pronounced: Leuw deh- reh Polka

Music: Record: Columbia SEVZ 554 Volkstaenze der Schweiz

Formation: Double circle of cpls facing LOD. W to R of M. Hands on hips.

Steps: Rheinlaender step: diag fwd - step-together-step-hop; when doing the hop, kick the other leg stretched across the ft.

Measures

Pattern

I. OPEN POLKA (See note at end of Fulebacher)

- | | |
|-------------|---|
| 1 | 1 schottisch step to the side, M L, W R. |
| 2 | 1 schottisch step twd each other, M R, W L. |
| 3-4 | 2 turns CW with 4 two-steps in shoulder-waist pos, arms stretched; or with 4 step--hops (both ways are common). |
| 5-8 | Repeat meas 1-4. |
| 1-8 (reptd) | Repeat meas 1-8. |

II. RHEINLAENDER AND CPL TURNS

Ptrs are side by side, W to R of M, his R arm is around her waist holding her R hand, his L hand holds her L hand in front of chest.

- | | |
|--------------|--|
| 9 | 1 Rheinlaender step L fwd (M and W). |
| 10 | 1 Rheinlaender step R fwd (M and W). |
| 11-12 | 1 full turn together in place (CCW) with 4 step-hops (M act as pivot). |
| 13-16 | Repeat action of meas 9-12. |
| 9-16 (reptd) | Repeat action of meas 9-16. |

III. RHEINLAENDER AND "PEEKING" OF W

Same starting pos as in Fig II except that M stays a little more in back of W and arms are held in Varsouvienne pos, shoulder height.

- | | |
|-------|---|
| 17 | 1 Rheinlaender step L diag fwd. |
| 18 | 1 Rheinlaender step R diag fwd. |
| 19 | M stands still and turns W slightly in place: first turn L, then turn her R. The W peeks both times over her nearest shoulder to the M, then drop L hands, put on hips, raise R arms. |
| 20 | 1 full turn of the W (CCW) under raised arms, with 4 small steps, M stands still. |
| 21-28 | Repeat action of meas 17-20, twice. |

Presented by Rosemarie Rath
and Carmen Irminger