

# Pulgatants

(Estonia)

The name of this dance means "stick dance." It is an old dance, going back several centuries and was originally a men's dance.

Pronunciation: POOL-gah-tahns

Music: *Estonian Dances—Folk Dance Camp 2003, Band 8*

2/4 meter

Formation: Dancers in circle, each holding a stick about 2 ½ ft. long in each hand.

## Meas

## Pattern

### FIGURE I

- A 1-8 Slow, tired walk, with help of sticks CCW (LOD). Step fwd on L while hitting R stick on floor (ct 1); step fwd on R while hitting L stick on floor (ct 2). Continue this pattern for total of 16 steps
- B 9-16 Eight skipping steps CCW, lifting free leg high. Knock sticks together first under raised knee then above, starting with lift on L ft.
- 17-24 Repeat meas 9-12 moving in RLOD (CW).

### FIGURE II

- A 1-8 Repeat Fig I, meas 1-8, hitting other M's sticks when an opportunity arises (hold firmly).
- B 9 Moving CCW, with R ft fwd, hop on L, hitting own sticks twice in front. Hold sticks about in middle and first click lower ends of sticks and then upper ends
- 10 Leap onto R, raising L ft in back and hitting own sticks twice in back, as in meas 9.
- 11-16 Repeat meas 9-10 three times, alternating leaping onto L and R and hitting front and back.
- 17-24 Repeat meas 9-16 moving CW.

### FIGURE III

- A 1-8 Repeat Fig II, meas 1-8.
- B 9 Facing ctr, jump on both ft apart (stride), bringing arms together in front (hold sticks about in middle) (ct 1); jump on both ft with L crossed in front again bringing sticks together (ct 2).
- 10 Repeat meas 9 but cross R in front on ct 2.
- 11-16 Repeat meas 9-10 three more times (4 in all).
- 17-24 Turning to face out, repeat meas 9-16.

### FIGURE IV

- A 1-8 Repeat Fig II meas 1-8.
- B 9-10 Place own sticks in a cross on the floor. Start in the lower R square and jump into lower L square (L,R,L); jump into squares diag opp (upper right) (R,L,R).
- 11-16 Continue this pattern of jumping into square to L and then diagonally across 3 more times (total of 8 jumps with triple steps), ending back where you started.
- 17-24 Move around to opp side of sticks to face RLOD, and repeat meas 9-16, but this time turn CW, by starting with a jump to the R (R,L,R).

### FIGURE V

- A 1-8 Repeat Fig. II meas 1-8.
- B 9-24 Dance polka individually, turning in either direction as desired while holding sticks as if playing a violin.

Presented by Jussi Aronen