

TULJAK--Continued

MUSIC 4/4	PATTERN	Illustrations by Carol Gove
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VI. Push-Pull Polka.

1-8 (a) Partners face to face in single circle (M facing CCW, W CW) with both hands joined and arms extended, move fwd in circle (CCW) with 8 polka steps.

On first step they both push L arms fwd and pull R arms back; on second step they both push R arms fwd and pull L arms back, turning slightly from side to side with each step and continuing alternating push-pull.

1-8 (repeat) (b) Assuming waist-shoulder position* partners take 8 polka steps turning CW as they progress in L O D.

Repeat entire dance. On final polka step M lifts W high into the air and places her on outside of circle. W assists M by jumping at the proper moment.


