

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.