

VALKEALAN HIENO
(Finland)

This dance is from south Carelia.

Pronunciation: VAHL-kay-ah-lahn HE-ay-noh

Music: Suomen Nuorison Liitto, Side 2, Band 3 2/4 meter

Formation: Circle of cpls, M back to ctr.

Steps: Walk; Finnish Polka (R): Jump off of L ft (ct ah); land on both ft, R toes a little fwd of L ft (ct 1); step on L (ct &); step on R (ct 2); hold (ct &). Wt is always on ball of ft. Step alternates.
Finnish Polka (L): use opp ftwk, landing with L toes a little fwd of R (ct 1).
Foot-changing: small leap on L in place, at the same time extending R ft fwd, close to the floor. Repeat action, alternating ft. Each change takes 1 ct.

<u>Meas</u>	<u>Pattern</u>
2 Meas	INTRODUCTION
	<u>FIGURE I FOOT-CHANGING</u>
1-8	8 Foot-changing steps (16 extensions), beginning by extending R ft.
	<u>FIGURE II. 2 HAND WALKING TURN</u>
1-8	Ptrs join both hands straight across and walk 8 steps CW, beginning L, then 8 steps CCW, again beginning L.
	<u>FIGURE III: FOOT-CHANGING</u>
1-8	Repeat action of Fig I.
	<u>FIGURE IV. 2 HAND POLKA TURN</u>
1-8	Ptrs join both hands straight across, beginning with Finnish Polka (L) dance 4 steps CW and 4 Finnish Polka steps CCW.
	<u>FIGURE V. FOOT-CHANGING</u>
1-8	Repeat action of Fig I.
	<u>FIGURE VI. ELBOW POLKA TURN</u>
1-8	Ptrs hook R elbows, beginning with Finnish Polka (L) dance 4 steps turning CW; hook L elbows and dance 4 Finnish Polka steps turning CCW.

Presented by Susanna Daley