

HELENA POLKA  
(Polish)

RECORD: Folkraft #1123

FORMATION: Column or circle of couples. In circle formation, number of couples in 2's. Partners facing, inside hands joined, outside foot free.

- I. Two polka steps starting with hop on inside ft. "face to face" and "back to back".  
W makes 1 L-turn under joined raised hands with 1 polka then both stamp 3 times.  
M makes 1 turn R under raised hands with 1 polka ending with 3 stamps.  
This entire pattern is danced 4 times.
- II. Partners facing, L hand on hip, R hand raised overhead.  
4 slides to the R - Stamp (R, L; R, L, R).  
Repeat L. L hand raised overhead.
- III. 2 Heel-clicks to the R and 3 stamps - Repeat to the L  
Repeat all of part III.
- IV. ARCHES (OVER AND UNDER) - Polka steps (16 polka steps in pattern)  
In circle "1's about face and go over 2's as 2's go under.  
In column, Head cpl. turns about & starts under and continues alternately under & over as following cpls. do the same in turn.  
All end facing original direction.
- V. Joined hands crossed in front, inside ft. free.  
2 polka steps fwd, pivot on outside ft. to face opp. direction,  
Step back on free ft. bending knee (kneel without touching floor)  
(rise on ct. "and")  
1 polka step in place  
This entire pattern is danced 4 times.
- VI. Varsouvienne pos. M moves to the R with 1 polka step, both look at each other. Repeat to the L.  
8 skipping steps (M going bkwd) once around CCW with ptr.  
Repeat this pattern ending with 8 skipping steps fwd. once around CW with ptr.
- VII. Partners facing. 4 skips bkwd, clapping own hands 4 times, wnding with stamps (twice then three times)  
Repeat pattern fwd.  
4 skips turning CW with ptr. (R arms around each other across in front. Stamps (twice then three times).
- VIII. Repeat Figure VI.
- IX. Repeat Figure I and exit with this figure.