

R A K S I J A A K

An Estonian Dance, as taught by the Hermans at Folk Dance House in New York.

RECORD: Folk Dancer MH 3007

FORMATION: Sets of threes, one man and two girls or vice versa, or 3 ladies or 3 men.  
Stand side by side inside hands joined, free hands at side.

CHORUS: Step to the left on the left foot, bring right foot to it  
Step to the right on the right foot, bring l foot to it  
Repeat above  
Walk fwd. three steps L,R,L and kick r. foot fwd (Straight leg)  
Walk bckwd. four steps, R,L,R,L

FIGURE I: With four polka steps the two ends move at the same time - right hand over, left hand under when crossing in front of center person, in back of the center person the right hand goes under, left hand over. Center does polka steps in place. Use Estonian (polish style) polka steps.  
REPEAT FIGURE I

CHORUS: AS ABOVE

FIGURE II: With last two counts of chorus ends move to stand shoulder to shoulder facing center person, lock hands, pull away from each other. Take four polka steps, ends moving backward, the center fwd; then center moves bckwd. as the ends turn under as the move along with the center - four polka steps.

CHORUS: AS ABOVE

FIGURE III: During last 2 counts the ends "tuck in" by T U R N I N G T O W A R D the center, leaving Arms low. All face fwd. again The right person has left arm in front of stomach, the left person the right hand. The center has his arms around the waists of ends.  
In this position do four polka steps fwd. two polka steps bckwd and unwind with another two polka steps. (Do not release hands during this figure.)

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KREUZPOLKA (Cross Polka)  
Austrian Couple Dance

When we visited Europe in summer 1956 we spent a week in a Youth Leader School where we danced with two Austrian and one English group. Materials were readily exchanged. The above dance was one of those we all danced in our evening parties. It is explained in Tiroler Volkstaenze 1. Folge by Karl Horak.

Record: Zither Melodies A.H. 1897

Music: Tiroler Volkstaenze 1. Folge by Karl Horak

Formation: Couples in a large circle. M and W face each other.

KREUZPOLKA (Cross Polka)  
Cont'd

- Meas. 1-2 With three steps make an individual turn  
M left about (L-R-L)  
W right about (R-L-R)  
and cross R over L (M) pointing your toe - (W cross L over R).  
3-4 Same as meas. 1-2 turning the other way and starting on M's R and  
W's L foot.  
5-6 Take regular dance hold. One change step (two-step) toward M's  
left and W's right and one change step into opposite direction.  
7-8 In regular position make two turns (right about) with four pivot  
steps.

Repeat until the waltz starts. The waltz is a flat-footed rather earthy  
type of peasant waltz, turning constantly.

It is customary to use live music and the musicians will change from Polka to  
Waltz music at will, the dancers following their lead. There is an element of  
teasing and surprise in this which is rather pleasing.

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RHEINLAENDER FOR THREE (German)

Rheinlaender is just another word for Schottisch. It is commonly used in  
German and Scandinavian countries. "Rheinlaender for Three" is not to be  
confused with the ordinary Rheinlaender form which is a couple dance.

Record: MH 1050 Folk Dancer PUBLISHED: DANCE LIGHTLY  
by Gretel and Paul Dunsing

Formation: One man and two women in open hold.

Action:

- A. Meas. 1-8 with repetition  
1-2 1 rheinlaender step left forward and 1 right forward  
3-4 With 2 rheinlaender steps women exchange places, the right  
woman goes through the door formed by the man and the left  
woman; the man turns under his own left arm half around and  
all are facing in opposite direction.  
5-8 As 1-4, but the left woman now dances through the door formed  
by the man and the right woman. All are now facing in original  
direction.  
1-8 repetition, as meas, 1-8
- B Meas. 9-16  
9 4 running steps forward beginning on left foot.  
10 with 4 running steps women turn once around (inward toward the  
man) under his lifted hands.  
11 4 running steps backward.  
12 as Meas. 10 (Women turn outward, away from the man).  
13-16 As meas. 9-12
- C Meas. 9-16 (repetition)  
9-12 The man turns to the left woman, dances two rheinlander steps  
with right hands joined and two rheinlaender steps with left hands  
joined. Meanwhile the right woman dances rheinlaender steps in place.  
13-16 Same with the right woman as left woman dances in place