

PLAUKSTINPOLKA (Latvia)

Source: "Zelta Sietins" group from Riga
Formation: Couples in double circle, facing each other (diag.1)
Position: Hands are free
Steps: Polka
Skills: Developing rhythms and coordination
Music: Special cassette YM-AMAN 96



Part 1 **Clapping**
Clap own hands twice (1-2) Clap ptr's R hand once and pause (3-4) Clap own hands twice (5-6), Clap ptr's L hand once and pause (7-8) Clap own hands twice (9-10), Clap ptr's R hand (11), then L hand (12) Clap own hands twice (13-14), Clap ptr's both hands and pause (15-16)
Cue: Clap-Clap R and, Clap-Clap L and, Clap-Clap R-L, Clap-Clap both

Part 2 **Polka**
With partner in shoulder-waist position (diag.2) polka around the circle going CCW

Dance repeats from beginning

Variations For youngsters replace polka step by skip or gallop step. Shoulder-waist position replaced by "V" position or skater's position. Can also be danced as a mixer. Dancers are then in a single circle (diag.3) and change partners each time they clap someone else's hands. Polka with last partner of part 1.