1959 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Albert S. Pill (For Children)

POLKA NORTENA (Mexican)

RECORD:

Sombrero 456.

FORMATION:

Couples in a circle, Men facing counterclockwise, women facing

clockwise. Hands are joined, arms outstretched.

Music

Pattern

meas

1st step 16 measures Three sliding steps to M's Left toward center of circle, and three stamps with M's R foot, W's L foot. Three sliding steps to M's Right toward the wall, and three stamps with M's L foot

and W's R foot.

This entire sequence is done 4 times.

2nd step 16 measures The woman assumes a sitting position while the man dances around the woman. He dances 16 stephops around the woman moving clockwise and then reverses and moves around the woman counterclockwise with 16 step-hops. The man's hands are in front on his waist, his thumbs hooked in his belt. The kneeling woman waves her skirt gently in time to the music.

3rd step 16 measures The man helps the woman to her feet, and kneels on one knee while the woman dances around the man, 16 step-hops clockwise and then 16 step-hops counterclockwise. The woman sways her

skirt in a graceful manner.

4th step 16 measures Partners join both hands, arms outstretched and dance a lively one step, dancing forward, backward and turning- dancing freely.

MAN: step forward 4 steps L,R,L,R then (One Step

step backward 4 steps L,R,L,R.

TEST HOLE

WOMAN: step backward 4 steps R, L, R, L then step forward 4 steps R, L, R, L.)

SEQUENCE OF DANCE:

- Sliding steps and stamps.
- 2. Man dances around woman.
- Woman dances around man.
- 4. Couples dance a one-step.
- Sliding steps and stamps. Man dances around woman.
- 7. Couples dance a one-step.