

*check with 1950
pyllabur*

POLKA SALA

Music: Phillippine National Dances, Reyes Tolentino
Formation: Couples in ballroom position.

1. Polka freely about the hall, 16 measures.
2. With M on the outside, partners face forward in line of direction, inside hands joined, free hand of W holds skirt, M's free hand on waist.
 - a. Polka forward on the outside foot, place the heel of the inside foot forward and the toe of the inside foot backward. Repeat polka and heel and toe in clockwise direction. Repeat for 16 measures.
3. M stands in back of W and holds W's hands in extended position. With the R hand lowered point the R foot sideward R and point it back beside the L foot. Take one polka step to the R. Repeat all to the L, with the L hand lowered. Repeat for 16 measures in all.

Note: In this figure M and W face the center of the hall, M is on the outside.
4. In the same position as figure 3 dancers take 4 gallop steps sideward R. The L arms are high and the R lowered. Repeat the 4 gallop steps sideward L, changing the arm position accordingly. Repeat 16 measures in all.

LA RANCHERA

Music: Cut records from Ed Kremer
(The step throughout is "flat-ball-ball")

Introduction	12 measures	
Girls turn under 4 times	16 measures	
Man leads girl around	8 measures	} wheel
Girl leads man around	8 measures	
Twist step	12 measures	grape vine
In line	4 measures	
Tunnel and reverse	16 measures	
Re-form circle	12 measures	
Girls to center and back	8 measures	wheel
Man leads girl around	8 measures	
Girls to center and back	8 measures	grape vine
Twist step	8 measures	
Girls around man left hands joined	12 measures	

SELLENGER'S ROUND

Music: Victor "Sellenger's Round" H. M. V.

1. Danced in a circle. Each man's partner is on his right. All take hands and go 8 slip steps to the L (clockwise) and back again counterclockwise to places. All move fwd a "single" to the R and one to the L toward the center. All walk backward 4 steps to places. Partners face each other and each "sets" to the R then to the L and each "turns single" in position clockwise on 4 steps. The "setting" R and L toward the center and to partners is then repeated.