

POLKA DE MONTERREY  
(La Regiomontana)

68

FORMATION: Cpls in single circle, W to R of M, all face ctr of circle, M hands clasped behind back, W holds skirts.

MUSIC: Record: Polka de Monterrey

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MUSIC: 2/4 PATTERN

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Meas. No Introduction.

I. TOWARD CENTER AND BACK (M and W on same ft)

1 Move twd ctr of circle; step R ft across L (ct 1), step L ft across R (ct 2).

2 Repeat action FIG I, Meas 1

3 Step bwd on R ft and twist L ft so that L side of ft is on ground and sole of L ft is facing to R (ct 1), step bwd on L ft and twist R ft so that R side of R ft is on ground and sole of R ft is facing to L (ct 2).

4 Repeat action FIG I, Meas 3.

5 Hop on L ft at same time brushing R ft across L (ct 1), hop on L at same time brushing R ft to rear (ct 2).

6 Stamp R (ct 1), stamp L (ct &), stamp R (ct 2).

7 Hop on R ft at same time brushing L ft across R (ct 1), hop on R ft at same time brushing L ft to rear (ct 2).

8 Stamp L (ct 1), stamp R (ct &), stamp L (ct. 2).

9-16 Repeat action FIG I, Meas 1-8.

II. POLKA

Polka Step: A stamping flat-footed polka step without a hop (R,L,R,L,R,L).

Polka Zapateado Step: Hit R heel (ct &), stamp R (ct 1), step L toe (ct &), stamp R (ct 2). Repeat beg hit of L heel.

1 M makes  $\frac{1}{2}$  turn R with one polka step beg R ft to face ptr, W stand in place

2-8 Ptrs take Social Dance Pos, joined arms extended to side and dance 7 polka steps making one CW turn. Beg M-L and W-R. Bodies tilt in direction of leading ft.

9-15 Still in social dance pos make one CW turn in place with 7 polka zapateado steps beg M-R and W-L. On 1st meas, M pulls W hand in front and to side of her face, on 2nd meas he pulls her hand back to extend to the side.

*continued...*

16 M stamp L and separate from W as he turns  $\frac{1}{2}$  to L to again face ctr of circle. W stamp R in place.

Repeat dance from beginning.

Presented by Al Pill  
Idyllwild Weekend - 1973