

FRIGORSKA POLKA
(Jugoslavia)

Source: Mena Šokčić of Lado Ensemble
 Record: FR 4107-A
 Time: 2/4
 Formation: Couples either in ballroom position with joined arms straight or side by side with inside hands joined. Joined hands always have fingers interlocked.

Steps: Frigorska Polka: In ballroom position, beginning M's L and W's R, M moving fwd take 2 steps on fairly straight legs (cts 1, &), take one more step and hold (cts 2, &). Repeat with opposite footwork. Slide: with weight on M's R, W's L, jump to the side of these feet onto the opposite feet (cts &, 1), repeat twice with free foot (cts &, 2). Repeat one more time and stamp twice. Repeat in opposite direction. Repeat in both directions and end with only one stamp.

Normal Polka: This is the regular polka step: hop (ct &), step fwd (ct 1), close ft together (ct &), step fwd (ct 2).

Measures

Pattern

- FIGURE I**
 1-8 8 Frigorska polka steps in a line around the circle.
 9-16 4 Sliding steps
- FIGURE II**
 1-16 Same as Figure I, except that the couple makes a small circle to the L around themselves for the 16 measures.
- FIGURE III**
 1-8 M moves fwd in LOD with 8 Frigorska Polka steps, W moving backward turning under joined R hands.
 9-16 8 "normal" polka steps moving around the circle in ballroom position.
- FIGURE IV**
 1-8 Side by side (W on M's right) with inside hands joined at shoulder height, M's free hand open behind back, W's free hand on hip, 8 Frigorska steps with M leading W around in a circle
 9-16 Repeat measures 9-16, Figure III.

Presented by Tony Shay