

Pulgatants

(Estonia)

Pronunciation:

Music:

2/4 meter

Formation: M in circle, each holding a meter-long stick in each hand.

Meas

Pattern

FIGURE I

- A 1-8 Slow, tired walk, with help of sticks 16 steps CCW.
 B 9-12 Eight skipping steps CCW, knocking stick together first under knee then up.
 13-16 Eight skipping steps CW, knocking stick together first under knee then up.

FIGURE II

- A 1-8 Repeat Fig I meas 9-16, hitting other M's sticks (hold firmly).
 B 9 Moving CCW, with R ft fwd, hop on L, hitting own sticks twice in front.
 10 Leap onto R ft, raising L ft in back and hitting own sticks twice in back.
 11-16 Repeat meas 1-2 three times, alternating leaping onto L and R and hitting front and back.
 17-24 Repeat meas 9-16 moving CW.

FIGURE III

- A 1-8 Repeat Fig I meas 9-16, hitting other M's sticks (hold firmly).
 B 9 Facing in to ctr, jump on both ft apart, hitting own sticks in front (ct 1); jump on both ft crossed, hitting own sticks in front (ct 2).
 11-16 Repeat meas 9 seven times (eight in all).
 17-24 Turning to face out, repeat meas 9-16.

FIGURE IV

- A 1-8 Repeat Fig I meas 9-16, hitting other M's sticks (hold firmly).
 B 9 Place own sticks in a cross on the floor and jump into squares diag opp of each other.
 10 Turning CCW, jump into side by side boxes.
 11-16 Repeat meas 10 six times alternating jumps diag and then side to side (total of 8 jumps CCW).
 17-24 Repeat jumps turning CW.

ENDING

Dancing Polka and hold sticks as if playing violin

Presented by Jussi Aronen