

1973 CALIFORNIA STATE UNIVERSITY, SAN DIEGO  
FOLK DANCE CONFERENCE

Presented by Ingvar Sodal

RHEINLANDER-POLKA  
Danish Oldtime Dance

Pronunciation: ryne-lenn-dehr polka. Translation: Rheinlander-Polka

RECORD: VIKING 860 a Tune Title: "Den Gamle i G"

FORMATION: Any number of cpls in circle, LOD CCW

POSITIONS: Single hand hold (at shldr level), formal closed pos.

FOOTWORK: Opp throughout; two-step, walking step, polka

CHARACTER: Light and smooth

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Meter  $\frac{2}{4}$

PATTERN

Meas	<u>A. FWD AND BACK</u>
1-2	With inside hands joined, facing fwd, beginning on outside ft, 1 two-step followed by 2 walking steps, in LOD. On last walking step, M turns half about to own R, and W to own L, and other hand is joined with ptr.
3-4	Beginning on other ft (which is now outside), 1 two-step followed by 2 walking steps, in RLOD.
	<u>B. POLKA TURN</u>
1-8	In formal closed pos, 4 polka steps turning CW and progressing fwd in LOD.

Sequence is repeated as many times as music allows.

NOTE: Some dancers replace the last 2 polka steps with a 4 count pivot turn.

Description by Gordon E. Tracie  
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