

CZECH BESEDA

Source: Mrs. Otilie Prince of the Sokol Gymnastic Association of Los Angeles.
Formation: Four couples in longways position, numbered from the top: one, two, four, three. Partners facing with hands joined.
Steps: Polka, waltz.

Music	Pattern
-4 meas.	Introduction
Measures	I <u>Poloneza</u> - Czech
1	Point RF across in front of L (ct.1), point to the R side (ct.2) bring ft. together (without taking weight on RF (ct.3)
2	Change places with three steps (R,L,R,) and moving CW.
3-4	Repeat meas. 1-2 starting with LF.
5-8	Repeat meas. 1-4.
9	Place hands on hips, Balance step to own R., step R to R (ct.1), close L and rise on toes (ct.2), sink to heels (ct.3).
10-12	Repeat Meas. 9 three times.
13-16	Repeat meas 9-12 moving to own L.
17	Waltz balance to the R.
18	Waltz balance to the L.
19	Point RF across in front of L (ct.1), point to the side (ct.2) close (ct.3). (see meas. 1 above)
20	Waltz balance to the R.
21-24	Repeat meas. 17-20 starting with the LF.
1-16	Sousedka -Czech. Waltz (social dance position) around to finish in square formation (#2 couple to R of #1, #4 to L of #1) -16 waltz steps.
	II <u>Polka-Pelka Vdolkky</u> - Czech
	Partners side by side, M's R arm around W's waist and W's L hand on M's shoulder, facing CCW.
1	Starting with RF, point toe diagonally fwd, and draw back to other foot.
2	One Polka step
3-4	Repeat Meas. 1-2 starting with the LF.
5-8	Repeat meas. 1-4 (cover $\frac{1}{2}$ of distance around the circle).
9-12	W takes 4 polka steps circling M CCW. M takes 4 polka steps in place.
13-16	Repeat measures 1-4 ($\frac{3}{4}$ around the circle)
17-20	Repeat measures 9-12
21-24	Repeat meas 1-4 - back to original places.
	III <u>Majeran</u> - Slovak
	All hands joined in a single circle, move CW.
1-2	2 polka steps to the L, starting with the LF.
3-4	W crosses in front of M moving to his L with 2 polka steps
5-8	All join hands again and repeat measures 1-4
9-14	All join hands and take 12 skips around the circle to the L.
15-20	Face new partner and do grand R and L with 12 skipping steps, halfway around the circle, M ends at original place with opposite W.
1-20	Repeat measures 1-20 returning to original partners.
	IV <u>Odzemok</u> - Carpathian-Russian
	Partners facing in a single circle; W's hand in hips, M's arms folded across chest. All honor on introduction.
1-2	W takes 2 polka steps bwd, starting LF. M jumps to squat position and immediately comes to upright position with wt, on LF, 1 polka fwd.
3-4	W takes 2 polkas turning CW while moving CCW. M takes 2 more polkas.
5-16	Repeat measures 1-4 three more times.
1-16	Repeat all (move around circle twice in all).

V Cerveny Satecku - Moravian

Partners side by side, facing in, inside hands joined.

- 1-2 Start with outside ft., two waltz steps toward center of circle, swinging inside hands fwd. in a back to back position, then bwd to face.
- 3-6 Join hands with other couples and do 4 waltz balances in and out of circle swinging hands in and out with each step.
- 7-8 Holding partner's hand only, take two waltz steps moving away from center of circle back to place.
- 1-8 Repeat meas. 1-8.
- 9 Partners in skating position, waltz balance to L.
- 10 Waltz balance to R.
- 11 W does a leap turn (tour jete) in front of M and across to L.
- 12 Balance
- 13-16 Repeat meas. 9-12, starting to R.
- 9-16 Repeat Meas. 9-16, starting to R and M does leap turn.

VI Tancuj, Tancuj - Slovak

Partners facing in single circle, RH joined and held high, LH on hips.

- 1-12 M does 12 polka steps moving fwd. starting with LF.
W does same, starting RF, moving bwd, turning slightly side to side.
- 13-14 4 short leaping steps, both hands joined (M fwd., W bwd.)
- 15-16 3 stamps in original place.
- 17-24 1st and 3rd couples take shoulder-waist pos., polka into each other's place and back, turning CW with 8 polka steps. 2nd and 4th swing hands in place, fwd and back.
- 25-32 All couples dance in place turning CW with 8 polka steps.

VII Polka-Trava Neroste - Moravian

Partners in social dance position, facing in. Couples 1 and 3 make $\frac{1}{2}$ turn R; couples 2 and 4 make $\frac{1}{2}$ turn L and start on outside feet.

- 1 M's part: step fwd L (ct.1), close R (ct. and), step fwd L (ct.2)
- 2 Step fwd, R (ct.1), stamp fwd L (ct.2)
- 3 Step bwd R (ct.1), close L (ct. and), step fwd R (ct.2).
- 4 Step Bwd. L (ct.1), step bwd R (ct.2) - returning to place.
- 5-8 Repeat Meas 1-4 in opposite direction, so that 1 and 4 and 2 and 3 face.
- 9-12 Face partner, clap hands and hook elbows, LH on hips and run around once CW with 8 steps.
- 13-16 Clap hands, hook L elbows and run around with 8 steps CCW.
- 17 All join hands in a single circle, step RF in front of L, bending knees, (ct.1); step LF to left (ct.2).
- 18-19 Repeat Meas 17 twice moving to L.
- 20 Step RF in front of L (ct.1), swing LF around in front ready to move in opposite direction (ct.2).
- 21-24 Repeat Meas. 17-20 stepping across with the Lf and moving to the R.
- 1-16 Repeat measures 1-16 as above.

VIII Tancuj, Tancuj - Slovak

- 1-24 Repeat Tancuj, Tancuj as described above, except in meas. 17-24, the 2nd and 4th couples polka across, while 1 and 3 remain in place.
- 25-32 All polka freely around the room until the end of the music.
M lifts W into the air.

-----presented by Carolyn
Mitchill