

Swiss Dance

DREIFACHE KREUZPOLKA - means "3 ways" Cross Polka
(Bern)

RECORD: MH 1113 (Title of record misspelled)

I. (Chorus) Cross Polka to Center and Out

Couples facing center of circle in open dance position -free fist on hip.

Meas. 1-2 Starting with Boy's L and girl's R - step, together, step to center - pt. heel of inside ft. fwd., then touch the toe.

Meas. 3-4 Drop hands, turn and join opp. hands and do same step toward the outside of circle starting with man's R lady's L.

Meas. 5-8 In regular dance pos., turn clockwise with "hop Schottische" (a step-together-step preceded by a little hop). Make two turns with this step. This feels very right when it bounces just a little. Repeat.

II. Oberlander Cross Polka

In open dance position, inside hands joined, facing forward.

Meas. 17-18 Starting on outside ft. - 3 walking steps fwd., hop on outside ft., pointing inside one across it and pointing toe fwd.

Meas. 19-20 Drop hands, turn toward each other, join opp. hands and do same steps in opposite direction.

Meas. 21-24 Repeat "hop schott." turn in regular dance position.

Meas. 25-32 Repeat all of II

III. Same as Fig. I - into the center of the circle and out and repeat

IV. Turning Crosspolka

Partners in double circle, boy with back to center, hands on the hips. (fists)

Meas. 33 Partners turn away from each other (boys to L - Girls R) making complete turn, with two walking steps beginning with girl's R - boy's L.

Meas. 34 Step on man's L and girl's R, and cross the other ft. and pointing toe.

Meas. 35-36 Repeat in opp. direction, starting with the free foot.

Meas. 37-40 "Hop Schott." in regular dance pos. as in the first part.

Meas. 41-48 Repeat all of Part IV.

V. Cross Polka. (Part I)

Do this chorus toward the center of the circle again.

I (Chorus) always precedes part II and is done again between II & III.