

HELENA POLKA
(Polish)

Record: Folk. 1123

FORMATION: Column or circle of couples. In circle formation, number off couples in 2's.

STARTING POSITION: Partners facing, inside hands joined, outside foot free.

I

2 Polka steps starting with hop on inside foot, "face to face" and "back to back".

Girl makes 1 L turn under joined raised hands with 1 polka, then both stamp 3 times.

Boy makes 1 R turn under joined raised hands with 1 polka, then both stamp 3 times.

Both make 1 inward turn under raised hands with 1 polka ending with 3 stamps.

ENTIRE PATTERN DONE 4 TIMES.

II

Partners facing, L hand on hip, R hand raised over head.

4 slides to the right - stamps (R,L: R,L,R).

Repeat left, L hand raised over head.

III

2 heel-clicks to right and 3 stamps,

Repeat left,

Repeat all.

IV - ARCHES (OVER AND UNDER)

16 polka steps - In circle "L's" about face and go over first as 2's go under. In column, head couple turns about & starts under & continues alternately under and over as following couples do the same in turn. All finish facing original direction.

V

Joined hands crossed in front, inside foot free.

2 polka steps forward, pivot on outside foot to face opposite direction and step back on free foot bending knee (Kneel without touching floor)

ENTIRE PATTERN DONE 4 TIMES.

VI

Varsouvienne Position.

Man moves to R with 1 polka step, both look at each other. Repeat left.

8 skipping steps (M skipping backwards) once around CCW with partner.

REPEAT ABOVE PATTERN ENDING WITH

8 skipping steps (M skipping forward) once around CW with partner.

VII

Partners facing.

4 skips backward, clapping own hands 4 times ending with stamps (twice; 3 times.) REPEAT FORWARD

4 skips turning CW with partner (R arms around each other across in front), Stamps (twice; 3 times).

4 skips turning CCW with partner (left arms around each other).

Stamps (twice; 3 times).

VIII

REPEAT FIGURE VI.

IX

REPEAT FIGURE I and exit with this figure.