

This style of Mexican polka was danced by the upper classes of Mexico in their dance salons during the latter part of the 19th century.

MUSIC: Record: ORFEON LP 12-284 "Polkas" Mariachi Monumental de Silvestro Vargas, Side B, Band 4 "Teatro Principal".

FORMATION: Cpls in a double circle, M stands directly behind W. Both face ctr of circle. W holds skirt. M holds W's arms above elbow.  
Ptwk is same for M & W unless otherwise specified.

MUSIC: 2/4

PATTERN

Meas

- 4 INTRODUCTION
- A I.: HEEL-TOE POLKA
- 1 Dance heel-toe on R (no hops). W bends from waist to R & turns head to look at ptr who also bends R from waist to look at W.
- 2 Dance Polka Step to R (R,L,R) & straighten body.
- 3 Dance heel-toe on L (no hops). W bends from waist L & turns head to look at ptr who also bends L from waist to look at W.
- 4 Dance Polka Step to L (L,R,L) & straighten body.
- 5-12 Repeat action Meas 1-4, FIG. I.
- 13-14 Hopping on L, dance two heel-toe steps on R, turning once CW individually.
- 15 Hop on L & extend R heel (ct 1), hold (ct 2).
- 16 Stamp R,L,R (cts 1 & 2). End in beg pos.
- 1-16 repeated Repeat action Meas 1-16, FIG. I. On Meas 13-14, W do only 1/2 turn CW to end facing ptr in double circle, W's back to ctr.
- B II: TOE-HEEL & PIVOT
- 1 Ptrs facing. Hop on L, touching R toe to rear (ct 1); hop on L, touching R heel in front (ct 2).
- 2 Hop on R, touching L toe to rear (ct 1), hop on R, touching L heel in front (ct 2).
- 3-6 Repeat action FIG. II, Meas 1-2.
- 7 Hop on L, touching R toe to rear (ct 1); kick R fwd, crossing R over L (ct 2) and
- 8 Pivot on balls of both ft making one CCW turn.
- 9-16 Repeat action FIG. II, Meas 1-8. On Meas 16, W make only 1/2 turn CCW to end in beg pos facing ctr of circle with back twd M. Ptrs resume beg pos.

*Continued*

## A III: HEEL-TOE POLKA

1-16 Repeat action FIG. I, Meas 1-16. On Meas 13-14, W make only 1/2 turn CW to end facing M in double circle, W back to ctr.

On the individual turns, W hold skirt, M clasp hands behind back.

## C IV: HEEL-TOE, TURN AWAY

Ptrs facing, W hold skirt, M hands clasped behind back.

1 Dance Heel-Toe on R.

2 Turn individually moving to own R making one CW turn with 3 steps (R,L,R).

3 Dance Heel-Toe on L.

4 Turn individually moving to own L making one CCW turn with 3 steps (L,R,L).

5 Dance Heel-Toe on R.

6 Turn individually making one turn to own R (CW) & approach ptr with 3 steps (R,L,R).

7 Dance Heel-Toe on L.

8 Turn individually making one turn to own L (CCW) & move away from ptr with 3 steps (L,R,L).

9-32 Repeat action FIG. IV, Meas 1-8.

## D V: HOPPING WITH A WAVING FOOT

1 Hop L & wave R across in front of L (ct 1); hop L & wave R out to side (ct 2).

2-3 Repeat action FIG. V, Meas 1.

4 Hop L & wave R across in front of L (ct 1); jump down on both ft spread apart (ct 2).

5 Hop R & wave L ft across in front of R (ct 1); hop R & wave L out to L side (ct 2).

6-7 Repeat action FIG. V, Meas 4-5.

8 Hop R & wave L across in front of R (ct 1); jump down on both ft spread apart (ct 2).

9-16 Repeat action FIG. V, Meas 1-8.

## C VI: HEEL-TOE, TURN AWAY

1-32 Repeat action FIG. IV, Meas 1-32; on Meas 32, W only make 1/2 turn in place to face ctr of circle as M does his turn in place & ptrs assume beg pos.

*Continued*

- A VII: HEEL-TOE POLKA
- 1-16 Repeat action FIG. I, Meas 1-16. (Meas 16 is cut short so there will be time for only 2 stamps; R,L).
- 17 Begin to turn individually to own R with 2 steps (R - ct 1, & L - ct 2).
- 18 Complete the turn by stepping R (ct 1), touch L next to R without taking wt (ct 2).
- 19 Begin to turn individually to own L with 2 steps (L - ct 1, & R - ct 2).
- 20 Complete the turn by stepping L (ct 1), touch R next to L without taking wt (ct 2).
- 21 Approach ptr stamping R (ct 1) & L (ct 2).
- 22 Facing ptr, stamp R (ct 1), hold (ct 2).

Presented by Al Pill  
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