

# Puolitahtinen

(Finland)

Pronunciation:

CD: Finnish Dances 1999

2/4 and 3/4 meter

Formation: 4 couples in a square.

Steps: Hyllytys (2/4 meter): M fold arms across chest. W hold skirts at sides. Short step fwd on R (ct 1); place R beside L, rising onto balls of ft (ct &); lower heels to floor, ending with wt on R (ct 2); repeat cts 1, &, 2 beg on L.

Polska (3/4 meter): Hold ptr's upper R arm with L hand; hold L upper arm with R hand.

To turn CW: Step fwd on R, bending knee a little (ct 1); step on ball of L ft near R heel (ct 2); repeat cts 1, 2 twice to dance 3 polska steps in 2 meas.

To turn CCW: Step fwd on L, bending knee a little (ct 1); step on ball of R ft near L heel (ct 2); repeat cts 1, 2 twice to dance 3 polska steps in 2 meas.

Meas

Pattern

## INTRODUCTION.

2/4 meter I. FORWARD AND BACK

1-2 Head cpls, both beg R ft, dance 2 Hyllytys steps fwd twd opp cpl. On meas 2, ct 2, M raise R ft up in back and stamp R ft (without wt) beside L.

3-4 Using the same ftwk, move bkwd to original place. No stamp on meas 4.

5-8 Repeat meas 1-4.

3/4 meter II. POLSKA

1-4 Holding upper arms, dance 12 Polska steps with opp dancer. Beg R ft and turn CW.

5-8 Beg L ft, dance 12 Polska steps with ptr, turning CCW.

Side cpls repeat the dance from the beginning.

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