

SADALA POLKA

(Estonian)

- Source: Presented by Walter Grothe as learned from Michael & Mary Ann Herman
- Record: Folk Dancer MH 3026
- Formation: Cpls, in a single circle. M is facing CW, with bk to the line of direction. W faces him.
- Steps: The polka step used is done in Estonian style, as follows: starting with a small hop from L ft, spring up to come dn on both ft with the R ft a little in front of the L ft (actually, the L ft should hit the ground before the R ft, like a grace note) (ct 1). Step on the L ft in place (ct &), step on the R ft in place (ct 2 &). Repeat with opposite feet. The fwd movement comes on ct 1 - as you hop up, the trailing leg comes from behind to pass the other ft. This is a light, bouncy step; the body moves freely and naturally.

The Estonians enjoy making fun of themselves and their neighbors. This dance is the story of how a travelling merchant introduces snuff to an unsuspecting peasant girl. There are disastrous results for both, but the dance ends with everyone in good spirits.

- | <u>Meas.</u> | <u>Pattern</u>   |
|--------------|--|
| 2            | Introduction   |
|              | <u>Figure I.</u>   |
| A. 1-2       | Facing each other, clap own thighs (on the sides, arms straight, do not bend knees) (ct 1), clap own Hs (ct 2), clap ptrs Hs (cts 1 and 2 - one clap only).  |
| 3-4          | Repeat   |
| 5-6          | Clap thighs (ct 1), clap own Hs (ct 2), clap ptrs RH (ct 1) and then LH (ct 2).  |
| 7-8          | Clap thighs (ct 1), own Hs (ct 2) and ptrs Hs (cts 1 and 2).   |
|              | <u>Chorus</u>  |
| B. 9-16      | The M turns to his L and polkas fwd around the circle, CCW. He looks bk at his ptr over his R shoulder and then his L, with Hs clasped loosely behind his bk. The W follows the M with polka steps, shaking first her R forefinger, then her L at the M. |
|              | <u>Figure II.</u>  |
| A. 1-2       | Facing each other, clap own thighs (ct 1), clap own Hs (ct 2), clap ptrs Hs and at same time jump and come dn on both ft with R ft extended fwd (ct 1 and 2).  |
| 3-4          | Repeat, but extend L ft fwd on the jump.   |
| 5-6          | Clap thighs, clap Hs, and while clapping ptrs Hs and holding that pos for 2 cts, change feet R and L.  |
| 7-8          | Clap thighs, own Hs, and ptrs Hs, bringing ft together with a little jump on last meas.  |
|              | <u>Chorus</u>  |
| B. 9-16      | <u>Figure III.</u>   |
| A. 1-2       | Clap thighs, clap Hs. Then, holding Hs together (as if hiding snuff box), jump half way around to the L (M will face W of couple in front, W will be facing M of cpl behind.)  |
| 3-4          | Repeat above action, to end facing own ptr.  |

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- | <u>Meas.</u> | <u>Pattern</u>   |
|--------------|--|
| 5-6          | Clap thighs, clap own Hs, take 2 jumps to the L to move all the way around, ending facing ptr.   |
| 7-8          | Clap thighs, own Hs, and ptrs Hs.  |
| B. 9-16      | <u>Chorus</u><br><u>Figure IV.</u>   |
| A. 1-2       | Clap thighs, clap own Hs. W stretches RH fwd, palm upwards, and M takes a pinch of snuff from her H and sniffs into both nostrils. (This is the peddler showing the peasant girl how to do it, and he takes just a small pinch and holds his breath) |
| 3-4          | Repeat, with M stretching out his RH. W takes a pinch and sniffs it. (All unawares, she takes a big pinch).  |
| 5-6          | Clap thighs, clap own Hs - then sneeze to L and R (W, of course, makes a tremendous sneeze, while M is snickering at her.)   |
| 7-8          | Clap thighs, own Hs, and ptrs Hs. Girl claps with sharp smack.   |
| B. 9-16      | <u>Chorus</u> (The W shows her anger at being tricked by a more menacing shake of her finger and a noisier polka step).<br><u>Figure V</u>   |
| A. 1-2       | Clap thighs, own Hs, and then W hits M with the palm of her RH, as M puts his RH to the L side of his face with bk of H to cheek, so that W smacks his palm. Take a hearty swing, W, and make it look good.  |
| 3-4          | Repeat, this time M hits W RH, with his RH, as she holds her H in front of her L cheek. (Do not touch cheek with H, or you will feel the blow).  |
| 5-6          | Clap thighs, clap own Hs, then W hits M and M hits W, using same Hs as before. (Don't make any mistake about which H to use, as this will be disastrous.)  |
| 7-8          | Clap thighs, own Hs, and ptrs Hs.  |
| B. 9-16      | <u>Chorus</u> (W still shows her anger, but begins to warm up to M at end of polka sequence)<br><u>Figure VI</u>   |
| A. 1-2       | Clap thighs, own Hs, then forget the battle by embracing each other. Hold R arms high for the hug, and bend from the waist to reach ptr.   |
| 3-4          | Repeat, with L arms held high.   |
| 5-6          | Clap thighs, own Hs, then hug ptr twice, changing pos of head only - first with R cheeks touching, then L cheeks.  |
| 7-8          | Clap thighs, own Hs, ptrs Hs.  |
| B. 9-16      | <u>Chorus</u> (Everyone is happy again).   |

--presented by Walter Grothe