

SADALA POLKA (Estonian)

Record: Folk Dancer MH 3026

Presented by Dave Rosenberg (As learned from Aily Ainstratt, leader of the Estonian Dance Group (DP's) in London, England, August, 1955)

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

Formation: Couples, in a single circle. Man has his back to the line of direction, girl faces him.

Figure 1.

Facing each other, clap own thighs (on the sides, arms straight, do not bend knees) (count 1), clap own hands (count 2), clap partner's hands (count 1 and 2)

Repeat

Clap thighs (count 1), clap own hands (count 2), clap partner's right hand (count 1) and then left hand (count 2).

Clap thighs (count 1), own hands (count 2) and partner's hands (count 1 and 2)

CHORUS

The man turns to his left and polkas forward around the circle, counterclockwise. He looks back at his partner over his right shoulder and then his left shoulder, with hands clasped loosely behind his back.

The girl follows the boy with polka steps, shaking first her right forefinger, then her left at the boy.

The polka step used is done in typically Estonian style, as follows: starting with a small hop on the left foot (count &), come down on both feet with the right foot a little in front of the left foot (count 1), step on the left foot in place (count 2), step on the right foot in place (count 3 and 4). Repeat with opposite feet. This is a light, bouncy step; the body moves freely and naturally, following the forward foot. It is a tricky step which requires practice, but when you have learned it correctly, it's fun to do.

Figure 2.

Facing each other, clap own thighs (count 1), clap own hands (count 2), clap partner's hands and at same time jump and come down on both feet with right foot extended forward (count 1 and 2)

Repeat, but extend left foot, forward with the jump.

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Sadala Polka (cont.)

Clap thighs, clap hands, and while clapping partner's hands and holding that position for two counts, change feet right and left.

Clap thighs, own hands, and bring feet together on last measure.

CHORUS

Figure 3.

Clap thighs, clap hands. Then, holding hands together, jump half way around to the left (man will face girl of couple in front, girl will be facing man of couple behind).

Repeat above action, to end facing own partner.

Clap thighs, clap own hands, take two jumps to the left all the way around to end facing partner.

Clap thighs, own hands, and partner's hands.

CHORUS

Figure 4.

Clap thighs, clap own hands. Girl stretches right hand forward, palm upward, and man takes a pinch of snuff, 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.)

Repeat, with man stretching out his right hand and girl takes a pinch and sniffs it. (All unawares, she takes a big pinch.)

Clap thighs, clap own hand -- then sneeze to left and right (girl, of course, makes a tremendous sneeze, while man is snickering at her)

Clap thighs, own hands, and partner's hands. Girl claps with sharp smack.

CHORUS: The girl shows her anger at being tricked by a more menacing shake of her finger and a noisier polka step.

Figure 5.

Clap thighs, own hands, and then girl hits boy with the palm of her right hand (boy puts his right hand to the left side of his face with back of hand to cheek, so that girl smacks his palm) Take a hearty swing, girls, and make it look good.

Repeat, this time man hits girl's right hand as she holds it in front of her left cheek. (Do not touch cheek with hand, or you will feel the blow.)

Clap thighs, clap own hands, then girl hits boy and boy hits girl, using same hands as before. (Don't make any mistake about which hand to use, as this will be disastrous.)

Clap thighs, own hands, and partner's hands.

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Sadala Polka (cont.)

CHORUS: Girl still shows her anger, but, begins to warm up to boy at end.

Figure 6.

Clap thighs, own hands, then forget the battle by embracing each other. Hold right arms high for the hug, and bend from the waist to reach partner.

Repeat, with left arms high.

Clap thighs, own hands, then hug partner twice, changing position of head only -- first touching right cheeks, then left cheeks.

Clap thighs, own hands, partner's hands.

CHORUS: Everyone is happy again.

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PFINGSTEREITAG IN DER PROBSTEI (German)
(Black Forest Mazurka)

Record: Folk Dancer, MH 1048

Presented by Dave Rosenberg (As learned from Mary Ann and Michael Herman, Folk Dance House, New York City.)

Formation: Couples in a circle, partners standing side by side (boy in inside circle, girl on outside), holding inside hands, elbows bent, outside hands on hips.

PART I

Take two waltz steps forward (circle moves counterclockwise), beginning on outside feet.

Turn around, away from partner with one waltz step. End side by side and clap own hands three times.

PART II

In regular dance position, take two mazurka steps forward, starting with outside feet.

Then take six running steps turning counterclockwise (boy moves forward, girl runs backwards).

Begin in dance from beginning.