

SCANDINAVIAN POLKA - NORWEGIAN

*Any good Scandinavian polka, such Aqua Viking 812 or 806,
Folk Dancer MH2001 or 2004, etc.
Couples facing LOD. Begin ML, WR.*

- I. Walk 3 in LOD, stamp. Walk 3 in RLOD, clap-clap. -OR-
3-step turn (M to L, W to R) moving fwd in LOD. REPEAT in RLOD.
- II. Walk fwd 4 in LOD (M put R arm around ptrnr waist), in shoulder-
waist pos, 4 pivot steps (2 turns) moving in LOD.

SCHWARZERDNER SEE BLACK EARTH CIRCLE

SENFTEBERGER - GERMAN

*Imperial 1101 (46); Folk Dancer MH1049 (45) 4/4 (S,S or QQQQ)
Couples, facing LOD, inside H's joined.*

INTRO: 2 Meas. Directions for M. W are opposite throughout.

- I. Walk fwd in LOD SL,SR,SL,SR; side QL, close QR (away from ptrnr)
fwd QL, hop QL swinging R fwd; step QR fwd, hop R releasing
hands and turning L (W to R) to face RLOD, step SL in RLOD.
Join new inside H's. REPEAT in RLOD with opposite footwork.
End in ballroom pos, hands pointed in LOD.
- II. Hop R (ct "ah"), step L heel fwd (ct 1), close R to L (ct 2);
REPEAT. Do 6 turning polka steps, moving in LOD. Do part II
twice.
 - I. REPEAT Part I, as above.
- III. 4 Slides in ballroom pos in LOD; step fwd L, hop L swinging
R leg fwd, step R fwd, hop R, swinging L leg back. Do 4
turning polka steps, moving in LOD. Do Part III twice.

SHAM HAREH GOLAN - ISRAELI

*Hadarim III, B, 2 4/4 (S,S or QQQQ)
Line, hands joined, down. Face LOD.*

INTRO: 2 Meas.

- I. Walk fwd QR,QL,QR,QL; rock fwd, back, fwd with knees bent
(QQQ), swing QLF fwd; touch L heel in front of R twice (S,S),
step back QL, close QR, fwd SL. REPEAT Part I.
- II. Facing center, step SRXIF (big step), touch SL heel in front;
step SLXIF, touch SR heel in front; step SRXIF, touch QL in
front, step on QLXIF; move back QR,L,R,L. REPEAT Part II.