

TRAMPEL POLKA

(Germany)

RECORD: Folkraft 337-013B "Trampelpolka"
FORMATION: Ptrs facing in a double circle, Boy back to ctr.
STEPS: Skip, slide
MUSIC: 2/4 Meter

Measures

INTRODUCTION

I. STAMP AND CLAP

1 Stamp R foot 3 times (cts 1, &, 2).
2 Clap own hands 3 times (cts 1, &, 2).
3-4 Join both hands with ptr and beginning with L foot
circle CW in place with 4 skipping steps.
5-8 Repeat action of meas. 104.

II. SLIDE

1-4 Join both hands with ptr., arms extended to sides, and
slide LOD (CCW) 8 sliding steps.
5-8 Dance 6 sliding steps RLOD (CW). Boy stands in place on
meas. 7 and 8, while girls continue 2 more sliding steps,
progressing to next Boy in RLOD (CW).

Repeat dance from beginning, 3 times total.