

## Estonia

**SOURCE:** June Schaal learned this cpl dance in Helsinki from Olli Alhsted, a physical education instructor. Estonia is near the border of Finland & is now in Russian hands, 'Viron' means 'Estonian'.

**MUSIC:** Record: EXPRESS 236

**FORMATION:** Cpls in a double circle in closed pos.

**STEPS & STYLING:** Polka\*, Walk\*, Bleking Step Variation, (r Meas): With a low jump extend R fwd, ball of ft on the floor (Meas 1, ct 1). Jump reversing ft so that L is extended fwd (Meas 2, 1). Reverse ft with 4 fast jumps extending R,L,R,L fwd (Meas 3, cts 1,2 & Meas 4, cts 1,2).

Cross Polka: Hop L (ct & of preceding Meas); step R across in front of L, twisting body sl to L (ct 1); step L in place in back of R (ct &); step R in place in front of L (ct 2). Next step begins crossing L in front of R.

The style is gay & very flirtatious throughout. Steps are described for M, W dances counterpart unless otherwise specified.

\*Described in Volumes of Folk Dances from Near & far.

Music: 2/4

## PATTERN

Meas

1 note

INTRODUCTION:

A

FIGURE I: TURNING POLKA

1-8

Dance 8 polka steps turning CW & progressing LOD. M start with hop R.

B

FIGURE II: FACE TO FACE AND BACK TO BACK

9-16

Facing LOD, W to M's R, inside hands joined at sho height, outside fists on hips, dance 8 polka steps LOD, face to face on the first polka, then turning back to back, etc. throughout.

A

FIGURE III: KNEE BENDS & CLAPS

1

Face ptr, M back to ctr, W with fists on hips, M's arms folded & held high across chest. Keeping ft & knees tog & back straight, bend knees sharply (ct 1); straighten (ct 2).

2

Clap own hands 3 times (cts 1,&,2).

3-4

With free fists on hips, shake first the R forefinger at ptr three times (Meas 3, cts 1,&,2) & then L forefinger three times (Meas 4, cts 1,&,2).

5-8

Repeat action of Meas 1-4, FIG: III.

*Continued...*

- B           **FIGURE IV: BLEKING STEP**
- 9-16        With fists on hips dance 2 Bleking step variations.
- A           **FIGURE V: STAR**
- 1            Face ptr, clap own hands twice (cts 1,2).
- 2-4         Both starting with hop on R, dance 3 polka steps in a R hand star turning CW. Keep palms & elbows tog in star, outside fists on hips.
- 5-8         Dance 4 polka steps back to place in a L hand star turning CCW.
- B           **FIGURE VI: CROSS POLKA**
- 9-12        Face ptr, W's fists on hips, M's arms folded & held high across chest. Dance 4 cross polkas in place, both starting with hop L.
- 13-14       Dance 2 polka steps bkwd away from ptr.
- 15          Take 2 walking steps (R,L) twd ptr (cts 1,2).
- 16          Take 3 quick steps R,L,R (cts 1,&2) to finish in varsouviennne pos, facing LOD.
- A           **FIGURE VII: VARSOUVIENNE POLKA**
- 1            Both step L fwd LOD (ct 1); touch R beside L (ct 2).
- 2            Step bkwd R (ct 1); touch L beside R (ct 2).
- 3-4         Dance 2 polkas fwd LOD.
- 5-8         Repeat action of Meas 1-4, FIG. VII.
- B           **FIGURE VIII: CLAP, POLKA AWAY & TOGETHER**
- 9            Face ptr, M's back to ctr. Clap own hands twice (cts 1,2).
- 10-12       W's fists on hips, M's arms folded across chest, dance 3 polka steps bkwd away from ptr. Start hop on M R.
- 13-16       Repeat the claps & polka steps dancing twd & passing ptr by R sho to finish almost back to back, looking over R sho at ptr.
- A 1         W repeat clap; M stamp L heel twice instead of clap (cts 1,2).
- 2-4         Dance 3 polka steps bkwd away from ptr.
- 5-8         W repeat clap, M stamp R twice & dance 3 polka steps fwd twd ptr, to join inside hands to repeat the dance.
- Repeat the dance starting with FIG. II & con't thru FIG. VIII.
- FIGURE IX: FINALE**
- B 9-16      Repeat action of FIG. II.
- A 1-8       Repeat action of FIG. I twice, dancing 16 polka steps any place on the floor.
- B 9-16