

DOUDLEBSKÁ POLKA

A polka mixer which is fun for all ages. This dance was introduced at Michael and Mary Ann Herman's Folk Dance Camp by Jeanette Novak.

Records: Folk Dancer MH3016; Folkraft 1413; Educ. Dance Record. FD-2.

Formation: Partners, double circle all facing counterclockwise, promenade or closed position.

Time: 2/4

PATTERN:

- PART I: Moving CCW around the circle, partners do 16 polka steps.
- PART II: Assuming schottische position, with man's free left hand on the left shoulder of the man in front of him, all march forward (CCW) around the circle (men must move sideward to the left to make the circle smaller), all singing loudly Tra-La-La, etc. (This takes 32 walking steps.)
- PART III: (Partners separate, with men forming a single circle facing center.) Men, in polka rhythm, clap own hands twice, clap neighbors' hands once by extending each hand, palm outwards, towards neighbors on each side. Continue this clap pattern (total 16 times).
- While the men are clapping, the ladies polka CW around the circle of men.
- At the end of Part III, the men turn to the right, and take the closest lady for a new partner and repeat the dance from the beginning.
- Those who do not get a partner immediately go to the center of the circle to meet another partner-less person.
- Extra people can enter during the clapping part.