

RAKSI JAAK

(Rock-see Yahk)

ESTONIAN

This dance was first introduced by Michael and Mary Ann Herman of New York. It was taught at the 1956 Folk Dance Camp of Pacific by Walter Grothe.

MUSIC: Record: Folk Dancer MH 3007B

FORMATION: Sets of 3 people, 1 M between 2 W, or 1 W between 2 M, or 3 W, or 3 M, all facing ctr. Inside hands are joined, outside hands are free at sides.

cts ah 1 & 2&

STEPS: Walk, step-close*, Estonian polka: hop, step, step, step, keeping ft close to floor, as in a light running step.

MUSIC 2/4	PATTERN
Measures	
2 meas	<i>Introduction</i>
	<i>CHORUS</i>
1	All step L to L (ct 1), close R to L without taking wt (ct 2)
2	All step R to R (ct 1), close L to R without taking wt (ct 2)
3-4	Repeat action of Chorus, meas 1-2.
5-6	All walk 3 steps fwd L, R, L (meas 5, cts 1, 2 and meas 6, ct 1). Kick R fwd (meas 6, ct 2). Leg is held straight.
7-8	All walk 4 steps bwd R, L, R, L.
	I. <i>ENDS ACROSS FRONT AND BACK</i>
9-16	All dance 8 Estonian polka steps. Ends: Both move diagonally fwd twd ctr to cross in front of middle person, continue around to cross again in back of middle person, and return to original position. Middle person: Remain in place, hold joined hands high, and lead the ends. Crossing in front is R hand high, L hand low. Crossing in back is L hand high, R hand low.
	<i>CHORUS</i>
1-8	Repeat action of Chorus meas 1-8
	II. <i>ENDS BACK UP AND TURN</i>
9-12	Ends move twd ctr to finish side by side facing middle person. All lock hands and extend arms at full length. Ends: Dance 4 polka steps bwd twd ctr. Middle person: Dance 4 polka steps fwd twd ctr.
13-16	All hold joined hands high. Ends: Dance 4 polka steps turning inward under joined hands, (R end turn CCW, L end turn CW), and moving away from ctr. Middle person: Dance 4 polka steps bwd away from ctr.
	<i>CHORUS</i>
1-8	Repeat action of Chorus meas 1-8.
	III. <i>TUCK-IN</i>
9-12	With inside hands joined, ends make one complete turn inward (R end turn CCW, L end turn CW) twd middle person, and all face ctr. Middle person now has arms around waist of both ends, and joined hands are in front of ends. In "tuck-in" pos, all dance 4 polka steps fwd twd ctr.
13-14	All dance 2 polka steps bwd.
15-16	Ends: Dance 2 polka steps turning outward (R end turn CW, L end turn CCW), and end in original pos. Middle person: Dance 2 polka steps in place. Repeat dance from beginning.

NOTE: Before each Figure begins, move into required pos on last 2 cts of each Chorus.