

# Rheinlander - Polka

PRONUNCIATION: ryne-lenn-dehr polka.  
TRANSLATION: Rheinlander-Polka  
RECORD: Aqua VIKING 860 a.  
TUNE TITLE: "Den Gamle i G".  
FORMATION: Any nr of cpls in circle, LOD CCW.  
POSITIONS: Single hand hold (at shldr level),  
Formal closed posn.  
FOOTWORK: Opp throughout; two-step, walking step, polka.  
CHARACTER: Light and smooth.

A. FWD & BACK:

1-2 With inside hands joined, facing fwd, bgng on outside ft,  
1 two-step followed by 2 walking steps, in LOD. On last  
walking step, M turns halve about to own R, and W to own  
L, and other hand is joined with ptr.  
3-4 Bgng on other ft (which is now outside), 1 two-step  
followed by 2 walking steps, in RLOD.

B. POLKA TURN\*

5-8 In formal closed posn, 4 polka steps turning CW and  
progressing fwd in LOD.  
Sequence repeated as many times as music allows.

\*Some dancers replace the last 2 polka steps with a 4-cnt pivot turn.

Description by Gordon E. Tracie

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