

**RHEINLANDER POLKA (Danish)**

One of many forms of Rheinlander, this dance is incorporated in a mixer, Totur from Vejle.

**MUSIC:** Folkedans for begyndere (tape) or any Rheinlander polka

**FORMATION:** Couples in a ring, lady on man's Right, inner hands joined

**STEPS:** Chassé, walk, polka (Danish polka is done with a lift rather than a hop)

**Measure**

**PATTERN**

- 1-2 1 chassé, 2 walking steps CCW, turning towards partner on last step
- 3-4 1 chassé, 2 walking steps, CW, turning towards partner on last step, inner hands joined
- 5-8 4 polka steps in social dance formation, i.e. man put Right arm around Lady's waist and hold her Right hand in his Left. Lady places her Left hand on man's Right shoulder

**NOTE:** This can become a Familie Rheinlander (mixer) as follows:

- a) 1-8 Same as described above
- b) 1-2 1 chassé and 2 walking steps CCW on last step. Couples let go of joined inner hands.
- 3-4 Man take 1 chassé step CW and 2 walking steps to meet Lady behind him as his new partner. Woman adjusts her foot work accordingly and may dance in place in a crowded situation.
- 5-8 4 polka steps with new partner.
- a) 1-8 With current partner
- b) 1-8 To change partners.

Presented by Ingrid Christiansen at Maine Folk Dance Camp 1987



Scandinavian Dancers