

RHEINLANDER-POLKA

Danish oldtime dance

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 thruout; two-step, walking step, polka.
 Character: Light and smooth.

- 1-2 A. Fwd and back:
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 half 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.
- 5-8 B. Polka turn:*
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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