

# VANDRA POLKA

(Estonian)

Version 2

61.

Source: Estonian ethnic group, New York. Presented by Walter Grothe as learned from Michael Herman.

Record: MH 3010 "Vandra Polka"

Formation: Cpls in closed pos, M bk to ctr.

Steps: Hop, Mazurka, Run. Steps are ponderous as this is supposed to be a dance of the bears. Described for M, W dances counterpart.

Meas. Pattern

3/4 tempo

2 Introduction

I. Turning Step

1 Step L (ct 1), step R (ct 2), step L (ct 3) turning 1/2 CW and progressing slightly CCW around floor. W ends bk to ctr.

2 Hop L 3 times (ct 1, 2, 3).

3-4 Repeat action of meas 1-2, starting MR. Continue turning 1/2 CW.

5-7 Repeat action of meas 1-3.

8 Hop R two times (cts 1, 2). Hold (ct 3).

1-8 Repeat action of meas 1-8.

II. Mazurka and Run

9-10 Still in closed pos, face LOD and take 2 Mazurka steps progressing fwd as follows: Step L bending body fwd (ct 1) Step R and straighten body (ct 2). Hop R (ct 3).

11-12 Starting L, run fwd LOD 5 steps with body bent fwd. Finish with a hop (meas 12 ct 3).

13-14 Repeat action of Fig II, meas 9-10, starting MR.

15-16 Turn once CCW in place with 5 running steps with body bent fwd. Hold (meas 16 ct 3).

9-16 Repeat action of Fig II, meas 9-16.

--presented by Walter Grothe

--notations prepared with assistance of Larry Miller