

ATLANTIC POLKA QUADRILLE (MARITIMES)

MUSIC: Apex 26288 A & B
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Figure 1

Intro: Honor partners and corners
All polka promenade (social position)
Heads right and left four
Heel and toe partners (turn once
around to right)
Heads polka across inside and back
All heel and toe corners
All polka promenade
Repeat for sides-heads-sides

2nd Change: "Waltz Figure"

Intro: Honor Partners and corners
All heel and toe to center and back twice
All polka promenade
Figure: Gent #1 change partners
A. Ladies right hand star half way
B. All heel and toe center and
back, twice.
Repeat A & B
Repeat for gents #2, #3 and #4

4th Change: "Show off part"

Ladies star right, gents hook on
All heel and toe center and back, twice
Gent #1 show off partner
1st couple polka inside
All polka promenade
Repeat for Gents #2, #3, and #4.

5th Change

Intro: Promenade left halfway
Back to right (Ladies inside)
Figure: A. Gents turn corner with right
elbow. Next with left elbow, next
right, etc.
B. All polka partner home
(Use polka step throughout)
Ladies right hand star, gents hook on
A & B Repeat elbow reel and polka above.
C. Gents left hand star, ladies hook on.
Gents turn corner with right elbow, etc.
All polka home.
Repeat C.
Repeat A with elbow turns complete circle.
All polka partner
NOTE: 4 polka steps on each elbow turn

NOTE: Third change of this polka square is
seldom done anymore in the Maritimes. Con-
sequently, omitted.