

BERLINER POLKA (Bremen)

Record: T72478

FORMATION: Partners with skaters hold, begin facing line of direction.

ACTION: Part I. Beginning with outside feet, one two-step forward, touch inside heel forward, then turn in opposite direction, touch same toe forward.

Repeat the step going against the line of direction, turning again at the end to face forward once more.

Part II. Keeping skater's position, and beginning outside feet, two two-steps forward.

Release hands, and girl turns under partner's R arm as he walks 4 steps straight ahead.

Repeat Part I and II.

Part III. In regular dance position, polka 8 measures around the ring. (On some records music demands a longer polka here.)

One can make this a mixer by releasing partner at the end of the polka and taking the next girl.

ECOSSAISE (North German)

Record: T72480

FORMATION: Rows of 4 couples, men on one side, girls on other as for the Virginia Reel.

ACTION: Part I. First couple take crossed-hands position and slide down center of set 3 gallop steps, then swing man's R, girl's L toe across over other foot. Repeat step back to place.

Last couple in line repeat this action up the set and back to place.

Part II. The Shears

All couples join crossed hands. Except for the first couple who begin with the girl moving backwards and man forwards (his L foot), all other couples begin with the men moving backwards, girls forward. Moving 4 steps in each direction, back and forth, the first couple works its way to the foot of set. (16 counts).

Other 3 couples separate and clap 1-2-3 as this same first couple dance 4 polka steps in regular dance position back up the middle of the set. They then separate and cast off with 8 walking steps to foot of line where they remain, leaving a new head couple to begin again.

After the third time through the dance, it comes to an end with all couples dancing polka around the room.