

13. YANKEE POLKA

Music	- Polka 2/4
Tempo	- 60 measures of 2 beats per minute
	- 120 beats per minute
Pattern	- Optional
Duration	- The time required to skate 2 sequences is 1:04 min.

Although the polka is a bouncy dance, the basic principle of stroking and effortless flow must be adhered to. The partners must remain close together to minimize the whipping action generated by the short precise steps and rapid turning movements.

Steps 1 and *2* are skated in open hold and constitute a chassé sequence skated almost in a straight line. *Step 3* is an open inside three turn skated by both partners on edges deep enough that they change sides with the man passing in front of the lady after the turn. The edges must not be so deep that the partners separate greatly, since *step 4* of the man adds to that separation, before bringing the partners together again. A change of hold occurs during *steps 3 and 4* into a 'High Kilian' hold in which the lady's left arm is extended across in front of the man's chest. The right hands are clasped and held sideways and upward. The man's right arm passes behind the lady to grasp her right hand extended sideways and upward. At least one pair of hands is held slightly above shoulder level with the elbows slightly bent. This hold is maintained to *step 12*. The lady may be slightly in front of the man's right hip, rather than in tight side by side Kilian hold.

Step 6 is a 2 beat swing for both partners and on count 2 the free legs are bent at the knee and raised past the horizontal. (Couples may touch the ice briefly with their toe-picks while executing the quick swing.) Care should be taken that *steps 7 to 12* are skated on very deep edges. *Step 13* is a right backward outside three turn for the man and a right forward inside open stroke for the lady and on count 2 the free feet are raised beside the skating legs close to and just below the skating knee. As these steps are executed the partners assume arm-in-arm hold with the man's right and the lady's left arms locked at the elbows. The free hands are held on the hips.

Step 16 is started on count 3 with a forward outside three turn followed by a change of edge immediately after the turn on count 4. Care should be taken that couples do not skate a rocker instead. The Arm-In-Arm hold must not be altered during these *steps*. *Step 19* is performed with the same free leg action as on *step 6*. *Steps 22* and *23* form a cross behind closed toe to toe choctaw for both partners from a left forward inside edge. At the commencement of *step 23* the right foot is crossed behind. The free legs are extended in front during the concluding edge.

The next section (steps 24 to 38) is skated in typical polka character and the "closed" hold is really done in hand to hand manner with the arms of both partners extended to the side and their hands clasped. It starts with the lady backwards and the man forwards and then reverses after steps 32 & 33. The "closed" dance hold in only broken for steps 32 when the partners separate. Steps 26 and 27 are slightly wide stepped by both partners. Steps 28- 31 are very short crossed behind steps that may be used as small power strokes to maintain the flow of the dance.

On *steps 31 & 37* the free legs are carried directly to the outside of the tracing and back.

Steps 32-33 (RFI3; LFO-Rk for the lady and LFI3; RFO3 for the man) are skated in opposite direction. Care should be taken that partners stay close together “rolling on each-other’s backs” skating a nicely rounded lobe with clean footwork and no lunging.

It is preferable that the same hold be regained on beat 2 of *step 33* as the turns are skated. The very short step sequences before *steps 34, 35* and *36* are similar to those before *steps 28, 29* and *30*. The holds for *step 13* and *step 38* are similar, except that the partners assume a semi-open hold upon completion of the man’s turn. The man’s left hand and lady’s right hand are not clasped. The hands are joined again as the lady skates her three turn on *step 39* which places the partners in closed hold. The man’s free leg on *step 39* and the lady’s free leg on *step 40* are swung through to match the partner’s free leg position after the three turns. *Steps 41 to 44* form a typical ballroom Polka sequence. The partners skate clockwise while skating a basically counter clockwise curve. *Steps 45 to 48* are wide-stepped chassés skated almost in a straight line, the bodies leaning to the same side as each wide step is skated. *Steps 49 to 52* are similar to *steps 41 to 44*. The wide-stepped chassés may be skated in either of 2 ways: 1 - wide, closed, closed or 2 - wide, closed, wide.

The character of the dance is achieved through the interesting use of one beat edges and very short steps skated on the “and” between counts.

The very short steps throughout the dance are executed between the beats and not given a step number on the diagram and on the chart the time value is indicated as “and”.

Inventors - James Sladky, Judy Schwomeyer and Ron Ludington
First performance - Wilmington, Skating Club of Wilmington, 1969

YANKEE POLKA

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Open	1	LFO RFI-Ch		1 "and"		RFI LFO-Ch
	2	LFO RFI-Ch		1 "and"		RFI LFO-Ch
"High Kilian"	3	LFI3		1+1		RFI3
	4	RFI LFO-Ch	1 "and"		1	LFI
	5	<u>RFI</u> <u>OpMo</u> <u>LBI</u>		1 "and"		<u>RFI</u> <u>OpMo</u> <u>LBI</u>
	6	RBO-Sw		2		RBO-Sw
	7	<u>LFI</u> <u>OpMo</u> <u>RBI</u>		1 "and"		<u>LFI</u> <u>OpMo</u> <u>RBI</u>
	8	LBI		1		LBI
	9	RBI		1		RBI
	10	LBO RBI-Ch		1 "and"		LBO RBI-Ch
	11	<u>LFI</u> <u>OpMo</u> <u>RBI</u>		1 "and"		<u>LFI</u> <u>OpMo</u> <u>RBI</u>
	12	LBI		1		LBI
Arm-In- Arm	13	RBO3 (see text)	1+1		2	RFI (see text)
	14	LFO RFI-Ch		1 "and"		LFO RFI-Ch
	15	LFO		1		LFO
	16	CR-RFO3 /RBIO		1 + ½ + ½		CR-RFO3 /RBIO
	17	XF-LBI XB-RBO		1 "and"		XF-LBI XB-RBO
	18	XF-LBI		1		XF-LBI
	19	RBO-Sw		2		RBO-Sw
	20	XB-LBO		1		XB-LBO
	21	XF-RBI		1		XF-RBI
	22	LFI <u>XB-CICho</u>		2		LFI <u>XB-CICho</u>
23	RBO		2		RBO	
"Closed" (Hand To Hand)	24	XF-LBI	1		1 "and"	XF-LBI RBO-Ch
	25	RFI		1		LBI
	26	Wd-LFI		1		Wd-RBI
	27	Wd-RFI		1		Wd-LBI
	28	LFO XF-RFI		"and" 1		RBO XF-LBI

YANKEE POLKA – continued

Hold	Step No.	Man's Step	Number of Beats of Music		Lady's Step
	29	XB-LFO XF-RFI		"and" 1	XB-RBO XF-LBI
	30	XB-LFO XF-RFI		"and" 1	XB-RBO XF-LBI
	31	LFO		1	RBO
Separate	32	RFI LFI3		"and" 1+1	LBI RFI3
"Closed" (Hand To Hand)	33	RFO3 free leg extended in front		1+1	LFO-Rk free leg extended in front
	34	LBO XF-RBI		"and" 1	RFO XF-LFI
	35	XB-LBO XF-RBI		"and" 1	XB-RFI XF-LFI
	36	XB-LBO XF-RBI		"and" 1	XB-RFO XF-LFI
	37	LBO		1	RFO
Semi-Open	38	RBO3	1+1	"and" 2	LFI RFI
Closed	39	LFO-Sw	2	"and" 1+1	LFI RFI3
	40	RFI3	1+1	2	LFO-Sw
	41	<u>LFI</u> OpMo <u>RBI</u>		1 "and"	RFO <u>LFO-Ch</u>
	42	LBI		1	RFI
	43	RFI LFO-Ch		1 "and"	<u>LFI</u> OpMo <u>RBI</u>
	44	RFI		1	LBI
	45	Wd-LFI RFO-Ch		1 "and"	Wd-RBI LBO-Ch
	46	Wd-LFI		1	Wd-RBI
	47	Wd-RFI LFO-Ch		1 "and"	Wd-LBI RBO-Ch
	48	Wd-RFI		1	Wd-LBI
	49	<u>LFI</u> OpMo <u>RBI</u>		1 "and"	RFO LFO-Ch
	50	LBI		1	RFI
	51	RFI LFO-Ch		1 "and"	<u>LFI</u> OpMo <u>RBI</u>
	52	RFI		1	LBI

