



## AAU POLKA DANCE

BEGINNERS FRIENDLY  
VARIATION  
FOR DANCERS AGES  
5-8 and 9-11 YEARS OLD.

### DESCRIPTION:

This is a springy two-step dance, proceed by a hop on the supporting foot on the upbeat. Polka can be danced by two partners moving counterclockwise creating a big double circle. Boy and girl, or girl and girl must line up for this dance before the music starts, both facing counterclockwise. Girls must be placed on partner's right side with hands joined in crisscross manner (boys right arm crossing girls left arm on top/ both partner's hands holding both girl's hands) or one handhold position (boy's right hand is holding girl's left hand).

### COSTUME REQUIREMENTS:

#### Black and White attire!

Boys must wear black trousers or dance sport competition pants with white collar shirt tucked in the pants. Black tie or bowtie is required. Black socks. No sparkles or any kind of decorations are allowed.

Girls must wear white leotard with non-see through bodice with non-see through black skirt no shorter than mid-thigh length. White socks. No sparkles or any kind of decorations are allowed. No makeup allowed. Girls hair must be worn in a ponytail or a bun. One small simple flower of any color is allowed.

Polka Created for AAU Dance 09/2017  
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**PART A.** Variation must be danced for 32 beats of music moving around the floor:

1. All couples skip forward around the circle, both starting diagonally forward with Right Foot, placing left toe behind right heel, crossing for 1 measures (2 beats). **Counting: 1 a**
2. All couples skip forward around the circle, continuing diagonally forward with Left Foot, placing right toe behind left heel, for 1 measures (2 beats) **Counting: 3 a 4**
3. All HOPPING in place for 2 measures (4 beats). **Counting: a 5, a 6, a 7 8**
4. Repeat steps 1-3 around the circle for 4 measures (8 beats). **Counting: 1 a 2, 3 a 4, a 5 a 6 a 7 8**
5. **REPEAT PART A** for another 8 measures (16 beats) On the last count both partners must change the direction: all Boys/Partners must be on the inner circle with their backs turned to the center; all Girls/Partners must be facing their partners and the center of the dance floor; both partners joining together in double handhold position/ elbows lifted.

**PART B.** Variation must be danced for 16 beats in place:

1. Boys/partners hop backward to the inside of the circle starting with their Right Foot in the following manner: RF back, LF back, RF back, LF closing to the RF together. Girls hop forward to the center starting with their Left Foot in the following manner: LF forward, RF forward, LF forward, RF closing to the LF together. Hands joined in double handhold position. Dancing 2 measures (4 beats). **Counting: a 1 a 2 a 3 4**
2. All couples play PATTY-CAKE in the middle of the circle in following manner: CLAP OWN HANDS **on beat 5**, CLAP OWN KNEES **on beat 6**, CLAP PARTNER'S HANDS **on beat 7**, JOIN HANDS in double handhold position with elbows lifted **on count 8**. Dancing 2 measures (4 beats). **Counting: 5, 6, 7, 8**
3. Boys/partners hop forward and away from the center, starting with their Left Foot in following manner: LF forward, RF forward, LF forward, RF closing to the LF together. inside the circle starting with their Right Foot. Girls hop forward to the center starting with their Left Foot. Hands joined in double handhold position. Dancing 2 measures (4 beats). **Counting: a 1 a 2 a 3**
4. All couples play patty-cake in the middle of the circle in following manner: CLAP OWN HANDS **on beat 5**, CLAP OWN KNEES **on beat 6**, CLAP BOTH PARTNER'S HANDS **on beat 7**, Boys/Partners place both hands on girl's hips, Girls place both hands on boys shoulders **on count 8**. Arms are stretched out. Dancing 2 measures (4 beats). **Counting: 5, 6, 7 8**

**PART C.** Variation must be danced for 16 beats in place:

1. Boys/Partners dance Side Chasse to the Left HOPPING on the Left Foot slightly lifting the girl for HOP **on beat 4** in following manner: LF foot to the side, RF, LF to the side, RF closing to the LF and slightly lifting girl. Girls dance Side Chasse to the Right HOPPING on the Right finishing with the HOP **on beat 4** in the following manner: RF to the side, LF, RF to the side, HOP. Dancing 2 measures (4 beats). **Counting: 1 a 2, 3, 4**
2. Repeat previous pattern number 1. to the right in the same manner. Dancing 2 measures (4 beats). **Counting: 1 and 2, 3 4**
3. All couples play patty-cake on the outside circle of the dance floor in following manner: CLAP OWN KNEES 3 times **on beats 1 a 2**, CLAP OWN HANDS 3 times **on beats 3 a 4**, CLAP OWN KNEES 3 times **on beats 5 a 6**, CLAP BOTH PARTNERS HANDS **on beats 7**, Face COUNTERCLOCKWISE and JOIN HANDS in a crisscross position **on count 8**. Both partners changing face to face position into facing forward position on the last beat. Dancing 2 measures (4 beats). **Counting: 1 a 2, 3 a 4, 5 a 6, 7 8**

**PART D.** Repeat part A. Variation must be danced for 32 beats moving around the floor:

1. All couples skip forward around the circle, both starting diagonally forward with Right Foot, placing left toe behind right heel, crossing for 1 measures (2 beats). **Counting: 1 a 2**
2. All couples skip forward around the circle, continuing diagonally forward with Left Foot, placing right toe behind left heel, for 1 measures (2 beats). **Counting: 3 a 4**
3. All HOPPING in place for 2 measures (4 beats). **Counting: a 5, a 6, a 7 8**
4. Repeat steps 1-3 around the circle for 4 measures (8 beats). **Counting: 1 a 2, 3 a 4, a 5 a 6, a 7 8**
5. **Repeat PART A** for another 8 measures (16 beats) On the last count both partners must change the direction: all Boys/Partners must be on the inner circle with their backs turned to the center; all Girls/Partners must be facing their partners and the center of the dance floor; both partners joining together in double handhold position/ elbows lifted.

**PART E.** Repeat part B. Variation must be danced for 16 beats in place. Any variation in place is acceptable if it is done in polka manner.

**PART F.** Repeat part C. Variation must be danced for 16 beats in place. Any variation in place is acceptable if it is done in polka manner.