CALLER Music composed by ART WENZEL MUSIC BY THE SUNDOWNERS BAND RECORD DATA Windsor No. 7624 (78 r.p.m.) Windsor No. 4624 (45 r.p.m.)

ON REVERSE SIDE

"RAMBLIN' REUBEN"

FIVE POLKA ROUTINES

TITLE OF MUSIC

TITLE OF DANCE

"HOMETOWN POLKA" ORIGINATOR OF DANCE

Various

TYPE OF DANCE

Round Dances

NOTE: The music for "Hometown Polka" is purposely arranged and phrased so that it may be used for almost any 8, 16 or 32-bar polka dance routine. Try using itfor your locally favored polkas for added pleasure. Below are instructions for five easy and enjoyable polkas that are popular in various sections.

"PATTY CAKE POLKA"

STARTING POSITION: Partners facing, both hands joined, M's back twd center. FOOTWORK: Opposite for M and W throughout the dance. Steps described are for the M

Meas.

- HEEL, TOE; HEEL, TOE; SLIDE, TWO; THREE, FOUR; 1-4 Strike L heel to floor diagonally out to L side, touch L toe to floor beside R ft; repeat. Take four slide steps to L in LOD
- Repeat action of Meas. 1-4 in RLOD starting R ft 5-8
- RIGHT PAT-PAT; LEFT PAT-PAT; BOTH PAT-PAT; KNEES PAT-PAT; 9 - 12Partners pat R hands together 3 times; pat left hands together 3 times; pat both hands together 3 times; pat own knees with both hands 3 times
- A RIGHT; HAND SWING; AND ON TO; THE NEXT; 13-16 Partners hook R elbows and make one complete CW turn around each other with 4 steps starting M's L ft; then M progresses in LOD to next W with 4 steps starting L ft, while W progresses in RLOD to next M with 4 steps starting R ft. New partners face, M's back twd center, join hands ready to repeat the dance

REPEAT ENTIRE DANCE TO END OF MUSIC

"JESSIE POLKA"

STARTING POSITION: Partners in Varsouvianna position, both facing in LOD. FOOTWORK: Identical for M and W throughout the dance

- HEEL, CLOSE; TOE, CLOSE; POINT (or KICK), CLOSE; SIDE, FRONT; 1-4 Strike L heel to floor in front while leaning back, close L ft to R and take weight on L. Touch R toe to floor in back while leaning forward, touch R ft beside L but leave weight on L. Point R toe to floor in front while leaning back (or kick R ft forward) close R ft to L taking weight on R
- TWO-STEP; TWO-STEP; TWO-STEP; 5-8 Start on L ft and take four two-steps fwd in LOD

REPEAT ENTIRE DANCE TO END OF MUSIC

To add variety and fun, try dancing "Jessie Polka" with two or more couples Note: in a line, side-by-side, with arms linked or loosely around waists - or dance it with several people in a "Conga" line, one behind the other with hands on shoulders or waist of person in front

. "ARIZONA POLKA"

STARTING POSITION: Partners in Varsouvianna position, both facing in LOD FOOTWORK: Identical for both M and W throughout the dance

- 1-4 HEEL, TOE; CROSS TO THE LEFT; HEEL, TOE; CROSS TO THE RIGHT;

 Strike L heel to floor diag. to L side, touch L toe to floor beside R ft. As M does 1 twostep almost in place, W crosses over in front of M to his L side with 3 steps, L-R-L.Repeat
 starting R ft, W crossing in front of M to his R side
- 5-8 HEEL, TOE; TURN THE LADY OUT; HEEL, TOE; TURN THE LADY IN;
 Repeat the heel-and-toe, starting L ft as above. As M does 1 two-step starting L ft and moving slightly bwd, partners release L hands and the W makes a ½ R face turn with 3 steps L-R-L, progressing fwd to end with partners facing at arms lengh, R hands joined, M facing in LOD. Repeat, starting R ft and the W making a ½ L face turn to end in Varsouvianna position as at start
- 9-12 TWO-STEP; TWO-STEP; LADY TURNS; TWO-STEP;
 Starting L ft, partners take 2 two-steps fwd in LOD, then M takes 2 more two-steps slightly fwd as partners release L hands and W makes one complete R face turn under joined R arms with 2 two-steps while progressing in LOD
- 13-16 Repeat action of Meas. 9-12

Note: "Arizona Polka" makes a delightful mixer dance if the W makes a R face turnback to progress to the next M in RLOD during the last 2 two-steps of Meas. 15 and 16

"DOTTIE POLKA"

STARTING POSITION: Closed dance position, M's back twd center FOOTWORK: Opposite for M and W throughout dance. Steps described are for the M

- 1-4 HEEL, TOE; TWO-STEP LEFT; HEEL, TOE; TWO-STEP RIGHT;
 Strike L heel to floor diag to L side, touch L toe to floor beside R ft; take 1 two-step to L side in LOD. Repeat starting R ft and moving in RLOD
- 5-8 DO-SA-DO; TWO-STEP; TWO-STEP; TWO-STEP;
 Releasing hands, partners do a do-sa-do as in square dancing with 4 two-steps, starting M's L ft, ending by taking open dance pos, both facing in LOD, inside hands joined
- 9-12 TWO-STEP FORWARD; TURN BACK-TO-BACK; TWO-STEP BACK-TO-BACK; TURN FACE-TO-FACE; Take 1 two-step fwd in LOD starting L ft with partners almost facing and pivoting L face on last step on L ft while swinging joined hands fwd. Turning back-to-back with hands still joined, take 1 two-step in LOD starting R ft. Take 1 two-step in RLOD starting L ft, still back-to-back and with hands joined, pivoting R face on last step to almost face partner and swinging joined hand bwd. Take 1 two-step in RLOD starting R ft while facing partner
- Releasing hands, partners turn away from each other with 4 steps, M starting L ft and turning L face, W starting R ft and turning R face, facing each other at end of turn and clapping hands on fourth ct. M then makes a full R face turn in RLOD in 4 cts, starting L ft, to pick up a new partner, while W makes a L face turn in place with 4 steps starting R ft, waiting for new partner. New partners clap hands on fourth ct as they face each other, then take a closed dance position, ready to repeat the danced

REPEAT ENTIRE DANCE TO END OF MUSIC

"RANGER POLKA"

STARTING POSITION: Partners in open dance position, inside hands joined, both facing in LOD

FOOTWORK: Opposite throughout, steps described are for the M

- 1-4 STEP/CLOSE, STEP; POINT, PIVOT; STEP/CLOSE, STEP; POINT, PIVOT;

 Start L ft and take 1 two-step fwd in LOD; point R toe to floor in front, swing R ft back and touch to floor behind L to assist in making a ½ R face pivot on L ft to face in RLOD while changing hands and keeping weight on L ft. Repeat in RLOD starting R ft and pivoting L face to end facing in LOD
- 5-8 Repeat action of Meas. 1-4 except to end in closed dance position, M's back twd center
- 9-12 TWO-STEP LEFT; TWO-STEP FORWARD; TWO-STEP LEFT; TWO-STEP BACK;

 Start L ft, take 1 two-step to L side in LOD; start R ft, take 1 two-step forward twd wall; start L ft, take 1 two-step to L side in LOD; start R ft, take 1 two-step backward twd center
- 13-16 TWO-STEP LEFT; TWO-STEP FORWARD; TWO-STEP TURN; TWO-STEP TURN;

 Shart Lft, take 1 two-step to L side in LOD; start R ft, take 1 two-step twd wall; start

 CCW around