

Folk Dance

This dance is a series of sequences performed with 4 sets of trios consisting of 2 women and 1 man. The majority of this folk dance is done in a large circle formation with trios in equidistant quarters.

Dancers should take care to keep their lines straight and they should keep their trios directly across from the trio opposite them in the circle (much like the blades of a windmill).

Note – Any time a special hand position is not noted, women should place their free hands on their hips, men should place their free hands together behind them resting on their lower back.

1st Part – Music - Žádnýj neví jako já – the measure count is in 2/4 time. The measures and counts are notated after the explanation of the sequence and abbreviated as 8-2 for 8 measures of 2 counts, 4-2 for 4 measures of 2 counts and 2-2 for 2 measures of 2 counts.

Trios line up in four rows three across with a woman on either side of the man. Trios hold hands, women place their free hand on their hip. For instruction purposes the women on the right side of the man will be referred to as A's and the women on the left side B's.

Trios 1-4 are facing forward in the order below.

1 B-M-A

2 B-M-A

3 B-M-A

4 B-M-A

Steps start as soon as music begins.

A's and men swing held hands forward and back and forward to turn one full circle clockwise under men's arm leading with right foot. 4 measures of 2 counts

B's and men swing held hands forward and back and forward to one full circle counter clockwise under men's arm leading with left foot. 4 measures of 2 counts

All women run four counts forward starting on right foot (right, left, right left). All women turn clockwise one full turn by pivoting on their right foot with two counts. Repeat this sequence and after the full turn A's turn their heads and upper torso to the left while standing in place. B's turn their heads and upper torso to the right to look back at the men. 8 measures of 2 counts

Men run eight steps forward starting on right foot. Men should place their free hands together behind them resting on their lower back. 4 measures of 2 counts

Once they meet their trio partners all grab hands and swing hands forward and back A's turn clockwise under men's right arm and B's turn counter clockwise one full turn under men's left arm. 4 measures of 2 counts.

Trios 1 and 3 move four slide steps to the right, trios 2 and 4 move four slide steps to the left. 4 measures of 2 counts. Trios pivot (if needed) their lines clockwise into quarters in a windmill formation. 4 measures of 2 counts.

A's step forward with their left foot and turn counter clockwise a half turn.

Simultaneously B's step forward with their right foot and turn clockwise a half turn.

Women drop hands with men and grab hands with the other woman in the trio and raise them up in the air to form a bridge. Place free hand on hip. 2 measures of 2 counts.

Women in bridge formation start with right foot and take 8 polka steps forward moving clockwise around the circle. At the same time, men start with their right foot and take 8 polka steps forward moving counter clockwise under the women's bridge formation until they meet up again with their original trio partners. 8 measures of 2 counts.

Facing each other, starting with right foot, slide one step to the right with left foot following, slide another step to the right while raising left foot up and left calf in a 20° angle in front of right foot. Starting with left foot slide one step to the left with right foot following, slide another step to the left while raising right foot up and right calf in a 20° angle in front of left foot. 4 measures of 2 counts.

Continue around the circle in the same direction 4 polka steps (men will pass thru two bridges). 4 measures of 2 counts.

Facing each, starting with right foot, slide one step to the right with left foot following, slide another step to the right while raising left foot up and left calf in a 20° angle in front of right foot. Starting with left foot slide one step to the left with right foot following, slide another step to the left while raising right foot up and right calf in a 20° angle in front of left foot. 4 measures of 2 counts.

Continue around the circle in the same direction 4 polka steps meeting up with your original trio partners. 4 measures of 2 counts.

Grab hands and move clockwise 8 polka steps to move twice around the small circle. On the start of the sixth count women drop hands and B's lead their trio back into a line formation. 8 measures of 2 counts

A's and B's take 8 slide steps counter clockwise around the man. Starting on their right foot in the following pattern. Right slide, right slide (facing man), pivot left slide, left slide (facing out), pivot right slide, right slide (facing man), pivot left slide, left slide back into original trio position. 8 measures of 2 counts.

Grab hands and swing joined hands forward and back while taking 2 polka steps forward. A's and men start with their right foot, B's start with their left foot. A's turn clockwise under men's right hand while simultaneously B's turn counter clockwise under men's left hand. Repeat sequence one time. 8 measures of 2 counts.

Men stretch arms across in front of women's waists. A's grab men's right hand with her right hand. B's grab men's left hand with her left hand. Women join their hands together in front of men's waists (and under his outstretched arms). 2 measures of 2 counts.

In this position trio will continue to keep hands connected through a 24 step sequence.

A's and men start with their right foot. B's start with their left foot. Trio takes four polka steps forward clockwise around the circle. 4 measures of 2 counts

Trio takes four step hops – A's turn a half turn counter clockwise on the second step hop and continuing third and fourth step hops backwards.

Simultaneously B's turn half turn clockwise on the second step hop and continue third and fourth step hops backwards. Men step hop forward on the first count, men step hop in place on the second hop while women are turning to face them and then men continue the 3rd and 4th step forward. 4 measures of 2 counts

The joined trio takes 8 polka steps around their individual circle counter clockwise two times. 8 measures of 2 counts.

A's and men continue step hops starting with their right foot and B's with their left foot. Women step hop backwards four counts while men are step hopping forward four counts. 4 measures of 2 counts.

Continue four more step hops. For first count, A's make a ½ turn counter clockwise, B's make a ½ turn clockwise, and men step hop in place. Trio continues next three step hops forward. 4 measures of 2 counts.

A's and B's drop joined hands, men raise hands up and A's turn two full turns clockwise under men's right arms, B's turn two full turns counter clockwise under men's left arms. 4 measures of 2 counts.

2nd Part – Travička – the measure count is in 2/4 time. The measures and counts are notated after the explanation of the sequence and abbreviated as 8-2 for 8 measures of 2 counts, 4-2 for 4 measures of 2 counts and 2-2 for 2 measures of 2 counts.

Men make a slight bow to B's. B's in turn make a small curtsy. Men turn to A's and make a slight bow to A's while they curtsy and then step into couples polka hold with A's. 4-2

Men and A's polka counter clockwise around B's one full circle. This is done over 8 counts on seventh count the A's turn clockwise under the man's left arm. 8-2

Simultaneously B's have their hands on hips and turn clockwise two full turns in 8 polka steps starting with their right foot. On the 7th step they turn to men to meet up into a polka dance hold. 8-2

Men and B's polka counter clockwise around A's. This is done over 8 counts on the seventh count B's turn clockwise under the man's left arm. 8-2

Simultaneously A's have their hands on hips and turn clockwise two full turns in 8 polka steps starting with their right foot. On the 7th step they meet up with their trio and join hands behind their backs. 8-2

The men's right hand should join the A's right hand behind A's waist. The men's left hand should join the B's left hand behind B's back. A's join their left hand with the B's right hand behind the men's waist.

All put right heel out and then bring their right foot across in front of their left leg and touch their right toe next to their left foot. Then make a quick right-left-right shuffle step followed by running forward four steps left, right, left, right. 4-2

All put left heel out and then bring their left foot across in front of their left leg and touch their left toe next to their right foot. Then make a quick left-right-left shuffle step followed by running forward four steps right, left, right, left. 4-2

All put right heel out and then bring their right foot across in front of their left leg and touch their right toe next to their left foot. Then make a quick right-left-right shuffle step followed by running forward four steps left, right, left, right. 4-2

All put left heel out and then bring their left foot across in front of their left leg and touch their left toe next to their right foot. Then make a quick left-right-left shuffle step followed by running forward four steps right, left, right, left. 4-2

Drop crossed hands in back. A's hold men's right hand with their left hand. B's hold men's left hand with their right hand and grab swing joined hands forward and back while taking 2 polka steps in place. A's and men start with their right foot, B's start with their left foot. A's turn clockwise under men's right hand while simultaneously B's turn counter clockwise under men's left hand. Repeat sequence one time. 8-2

The following sequence is with all starting on their right foot and using a polka step through the entire series of 40 counts in perpetual motion.

A's and B's join hands and trio moves in a circle 4 counts in a clockwise motion. B's move forward under A's and men's joined hands letting go of their hands and continue to travel clockwise around the circle to the next trio. 4-2

B's join hands with next trio and move in a circle 4 counts in a clockwise motion. After B's move forward under A's and men's joined hands letting go of their hands and continue to travel clockwise around the circle to the next trio. 4-2

B's join hands with next trio and move in a circle 4 counts in a clockwise motion. After B's move forward under A's and men's joined hands letting go of their hands and continue to travel clockwise around the circle to the next trio. 4-2

B's join hands with next trio and move in a circle 4 counts in a clockwise motion. After B's move forward under A's and men's joined hands letting go of their hands and continue to travel clockwise around the circle to the next trio. 4-2

B's meet their original trio and grab men's left hand with their right hand moves their trio line clockwise to form one large circle with all trios and grabs free hand of neighboring A's. 4-2

In large circle formation, all swing hands forward and back while moving right foot forward in a rocking motion and rocking back on left foot. Continuing to hold hands starting on right foot run four steps clockwise. Repeat this sequence 2 more times. 12-2

All swing hands forward and back while moving right foot forward in a rocking motion and rocking back on left foot. Everyone drops hands and makes a full individual turn to the right. Trios join hands with their trio partners and pivot lines four counts back into windmill formation. 8-2.

Men make a slight bow to B's. B's in turn make a small curtsey. Men turn to A's and make a slight bow to A's while they curtsey and then step into couples mazurka hold with A's. 4-2

B's turn to the left to form a center circle with other B's facing the center.

B's slide one step to the right and left foot kicks up behind the right calf, then slide left foot one step to the left and right foot kicks up behind the left calf. B's turn make a full right turn and move counter clockwise one quarter. Repeat three more times. On last turn move and additional quarter turn to move toward and meet up with your original trio partners.

While the B's complete the sequence above, the A's and men are completing the following sequence.

Men stand behind A's. A's have their hands raised at their elbows and men raise their hands to hold them (the A's hands) up. Men turn A's and quarter turn to the left (while holding their hands) a quarter turn to the right and then a half turn to the left while dropping hands. A's continue to complete a full turn and step backwards while men move forward four steps and a full quarter of the circle to the next A. Repeat this three more times. Men will move forward on last repetition to collect trio partners and join hands behind their backs. 16-2

The men's right hand should join the A's right hand behind A's waist. The men's left hand should join the B's left hand behind B's back. A's join their left hand with the B's right hand behind the men's waist.

All put right heel out and then bring their right foot across in front of their left leg and touch their right toe next to their left foot. Then make a quick right-left-right shuffle step followed by running forward four steps left, right, left, right. 4-2

All put left heel out and then bring their left foot across in front of their left leg and touch their left toe next to their right foot. Then make a quick left-right-left shuffle step followed by running forward four steps right, left, right, left. 4-2

All put right heel out and then bring their right foot across in front of their left leg and touch their right toe next to their left foot. Then make a quick right-left-right shuffle step followed by running forward four steps left, right, left, right. 4-2

All put left heel out and then bring their left foot across in front of their left leg and touch their left toe next to their right foot. Then make a quick left-right-left shuffle step followed by running forward four steps right, left, right, left. Trio #1 that originally led the dancers out will begin to exit the circle with other trios following. 4-2

Drop crossed hands in back. A's hold men's right hand with their left hand. B's hold men's left hand with their right hand and grab swing joined hands forward and back while taking 2 polka steps in place. A's and men start with their right foot, B's start with their left foot. A's turn clockwise under men's right hand while simultaneously B's turn counter clockwise under men's left hand. Repeat sequence one time. 8-2

Exit and bow - the measure count is in 2/4 time. The measures and counts are notated after the explanation of the sequence and abbreviated as 8-2 for 8 measures of 2 counts, 4-2 for 4 measures of 2 counts and 2-2 for 2 measures of 2 counts.

8 measure intro. 8-2

Trios start on right foot using polka steps move forward swinging hands forward and back and continue clockwise around the circle 24 counts to form a line of trios with 3-4 feet between each set. 24-2

Trio pivots four counts counter clockwise a quarter turn to face forward. Continue swinging hands forward and back and polka steps in place 4 more counts. 8-2

Men drop women's hands and walk forward 4 steps starting with their right foot while raising their right hand in the air. On fourth count men clap hands and raise left hand in the air. Men swing their left foot up in front of their right leg and touch their left heel with their right hand and then swing their left leg behind them and touch their left foot with the right hand behind their right left. Men swing their right foot up in front of their left leg and touch their right heel with their left hand and then swing their right leg behind them and touch the right foot with their left hand behind their left leg. Then they squat down and jump up with their hands in the air.

While men perform the sequence above women are performing the following steps at the same time.

Starting on their right foot women slide two steps to the right and kick their left foot behind their right leg. Slide two steps to the left and kick their right foot behind their left leg. Then slide one step to the right and kick their left foot behind their right leg. Slide one step to the left and kick their right foot behind their left leg. Turn one full turn clockwise.

Both the men's and women's sequence length for the steps above are 8 measures of 2.

Women polka 4 steps forward (starting on right foot) to meet up with men in one line. 4-2

Join hands with men and trio next to you, raise hands and bow. 4-2

Drop hands with neighboring trio and pivot backwards a quarter turn clockwise. 4-2

Trios continue 28 polka steps once around in a clockwise circle swinging hands forward and back and exit. 28-2.