

MAXINE'S POLKA

Chor. Paul Boizot, 2011. Music; Maxine's Polka by Shooglenifty (Scotland), from album The Arms Dealer's Daughter. Recording shortened by Paul as the original is too long for a lively dance, and also edited to fit dance sequence. Original mp3 available from <http://shooglenifty.bandcamp.com/track/maxines-polka>.

Formation; circle. No intro - I usually let the music go through once before starting. Rhythm 4/4, 1 step per beat except s = slow 2 beats. Arms V.

1. $\circ \rightarrow$ sR, Lxf, sR, Lxb; sR, small hop on R lifting leg behind while turning 180° clockwise to face out, $\cup \rightarrow$ sL, Rxb; sL, Rxf, sL, Rxb; $\circ \rightarrow$ sL, small hop on L lifting leg behind while turning 180° anti-clockwise to face in, $\circ \rightarrow$ sR, Lxb. x 2

2. $\circ \uparrow$ R s arms swing forward a little, $\circ \downarrow$ L, cl. R arms swing back to a little behind V on these two steps; $\circ \uparrow$ L s arms swing forward a little, $\circ \downarrow$ R, cl. L arms swing back to a little behind V on these two steps; arms V $\circ \rightarrow$ sR, Lxf, replace R, $\circ \leftarrow$ sL; \uparrow heel R, replace R, \uparrow heel L, replace L. x 2

Optional; hop whilst doing heel and replace steps.

Paul Boizot 8.4.13