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 unedited mp3 available from https://store.compassrecords.com/cart.

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. ∩→ sR, Lxf, sR, Lxb; sR, small hop on R lifting leg behind while turning 180˚ clockwise to face out, ∪→ sL, Rxb; sL , Rxf, sL, Rxb; ∩→ sL, small hop on L lifting leg behind while turning 180˚ anti-clockwise to face in, ∩→ sR, Lxb.   x 2

2. ∩↑ R s arms swing forward a little, ∩↓ L, cl. R arms swing back to a little behind V on these two steps; ∩↑ L s arms swing forward a little, ∩↓ R, cl. L arms swing back to a little behind V on these two steps; arms V ∩→ sR, Lxf, replace R, ∩← sL; ↑ heel R, replace R, ↑ heel L, replace L.   x 2

Optional; hop whilst doing heel and replace steps.

Paul Boizot revised 8.10.19