The Adelaide kreuz polka [music]

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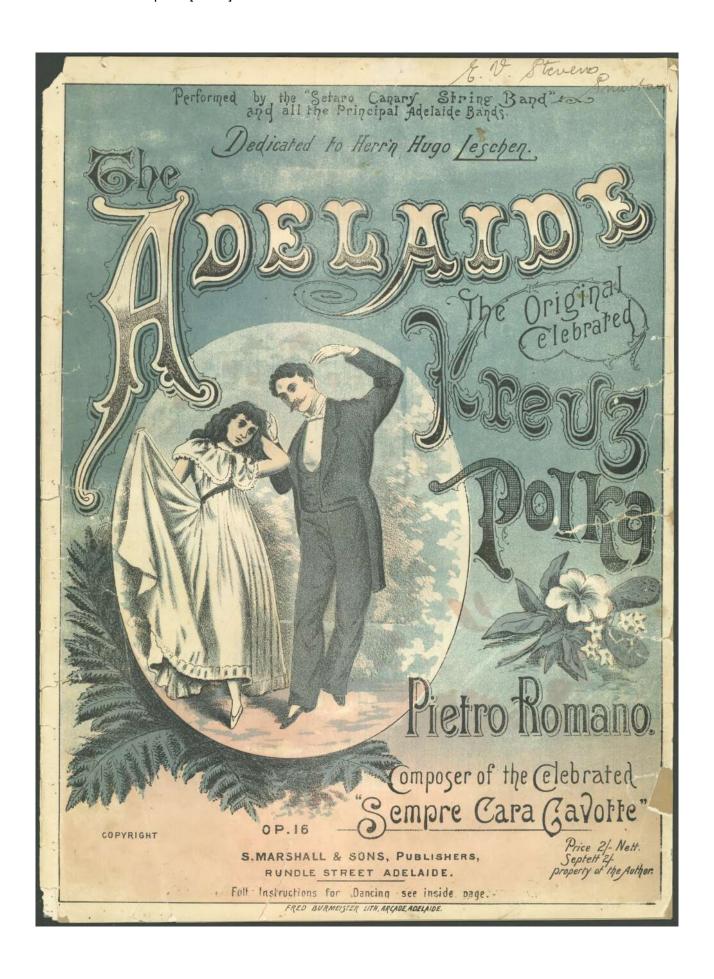
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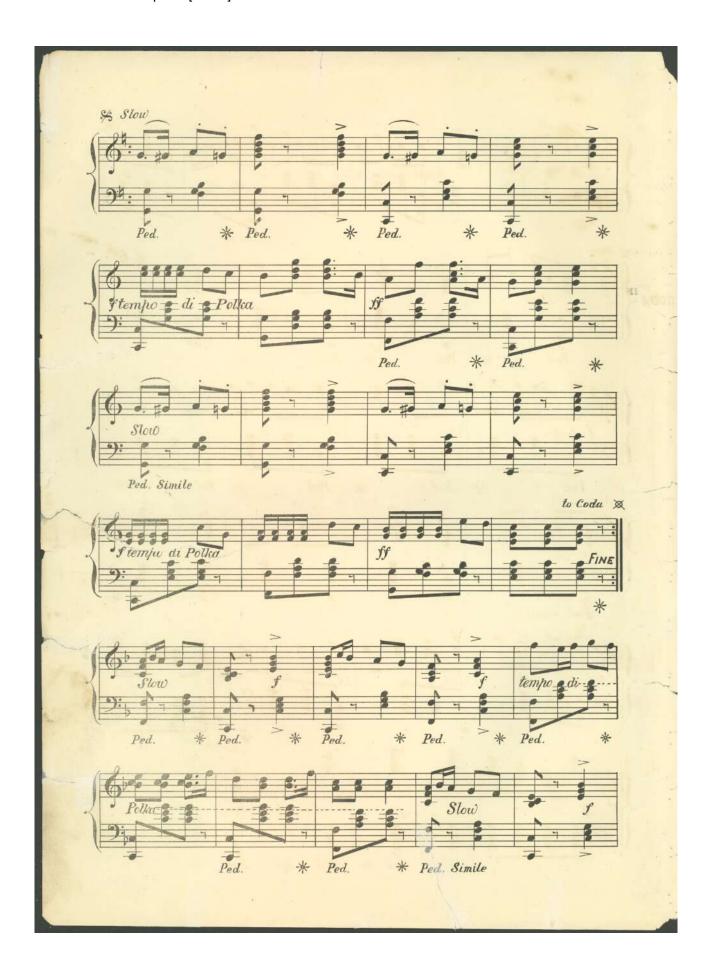




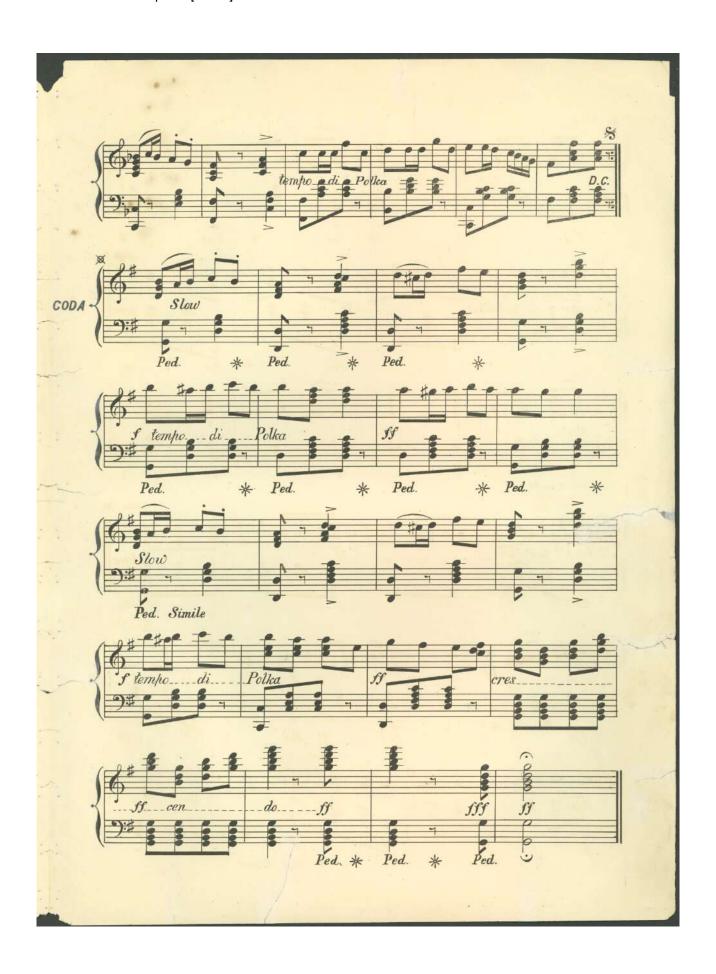
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DESCRIPTION

OF THE

ADELAIDE KREUZ POLKA.



HE Kreuz Polka is a combination dance for couples, composed of two distinct parts, each part occupying four measures of the music.

First Part.

POSITION.—The gentleman takes the lady's left hand in his right, as in the Barn Dance, and they commence, with their faces turned in the same direction.

FIRST MEASURE.—Polka step forward, the gentleman beginning with his left (i.e., outside foot), and the lady with her right. Count and, one, two, three.

SECOND MEASURE.—Point the foot nearest to partner (gentleman's right, lady's left) in the fourth position (i.e., a little in advance), with the toes turned downward, and at the same time hop on the supporting leg, counting and, one, two. Then bring the pointed foot to the fifth position (i.e., toe to the heel at right angles) behind the supporting left, again hopping thereon in turning towards partner and joining opposite hands, while counting and, three, four.

THIRD AND FOURTH MEASURES.—Repeat the above movements in the opposite direction, the gentleman commencing with his right, and the lady with her left foot.

Second Part.

POSITION.—The gentleman holds his partner by the waist as in the Waltz, and executes four measures of the "glide" or "Kreuz" Polka as follows:—

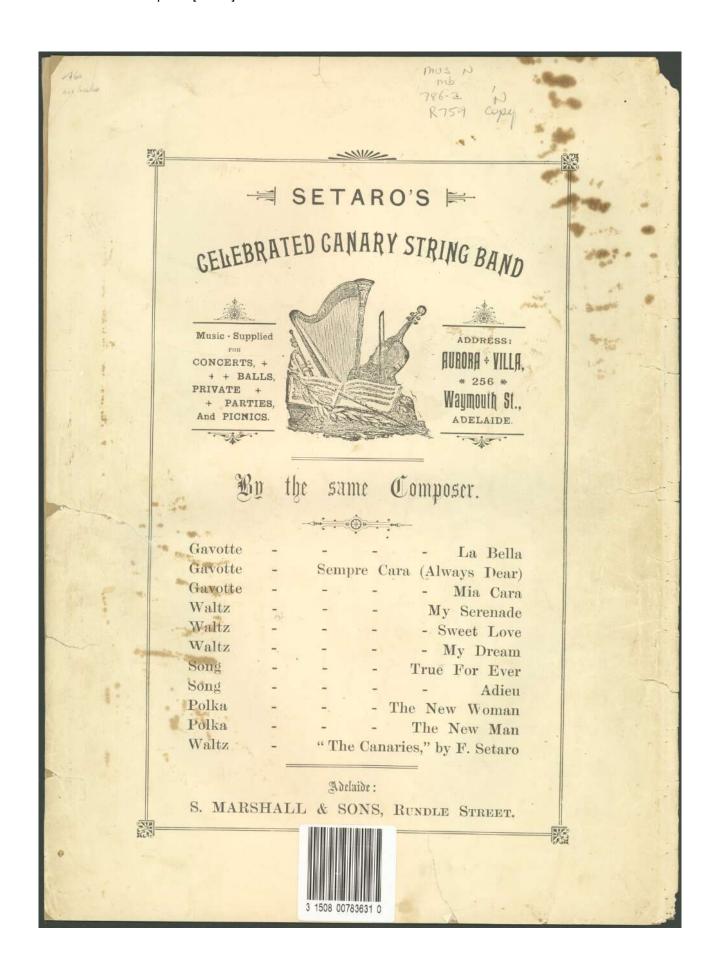
FIRST MEASURE (For the gentleman)—Slide the left foot to the second position (i.e., a little to the side), counting and, one, two. Bring the right foot up to the left foot, and simultaneously slide the left again to the side (chasse), counting and, three, four; then again bring up the right, transferring the balance of the body to the right leg, counting and.

SECOND MEASURE.—The same steps as in the ordinary Polka in turning to the right to face the opposite direction.

THIRD AND FOURTH MEASURES.—Repeat the above movement, beginning with the opposite foot; after which again join right and left hands, and recommence the first part.

The lady begins the circular movement with the right foot.

N.B.—The above is the correct form of the dance; but if the pupil is unable to master the steps of the "Kreuz," four measures to the ordinary Polka may be substituted.



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