

THE POLO TROT

By ARTHUR MURRAY,

Director of the National Institute of Social Dancing.

In presenting the steps in the Polo Trot I want to warn my pupils not to become discouraged if at first the steps seem difficult to master. After you learn them, you, too, will agree that this new dance is the most fascinating of any fox-trot introduced in years. The Polo Trot should prove especially interesting to those who want something new and different.

In this novel dance the man begins a few of the combinations with his left foot while other variations are begun with the right foot. Usually I advise men to always begin a new step or dance with the left foot and never with the right. But if one is an advanced dancer and capable of doing intricate steps, he need not observe rules which are laid down for the average person. An exceptional dancer may dance backwards, against

the line of direction, while the beginner must always go forward in order that he may guide properly. Experts need no rules.

One of the innovations of the Polo trot is the half-open position.

POLO PAUSE - Man's Part

Begin with the right foot and take four long walking steps directly forward, 1, 2, 3, 4.

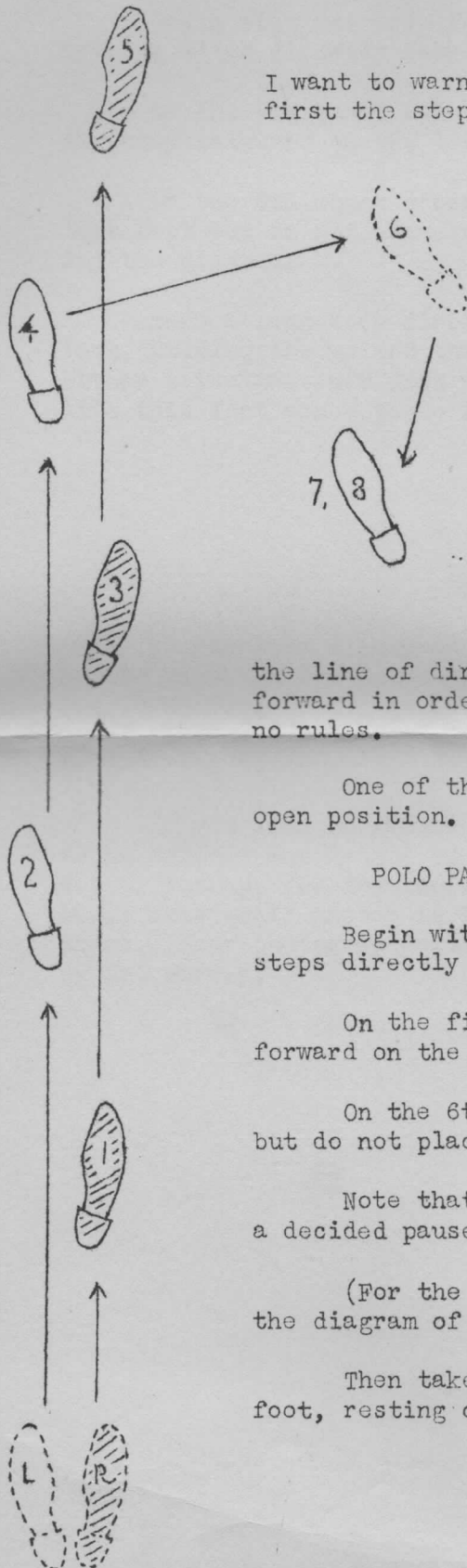
On the fifth count take an exceptionally long step forward on the right foot.

On the 6th count cross the left foot behind the right but do not place any weight on this foot.

Note that the action of the 5th and 6th steps makes a decided pause, with the weight on the right foot.

(For the position of the feet on the 6th count see the diagram of the Polo Pause.)

Then take a long step directly backward on the left foot, resting on this foot for two counts, 7, 8.



START HERE

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POLO PAUSE - Lady's Part.

START HERE
GO BACKWARD

Begin with the left foot and take four long slow walking steps directly backward, 1, 2, 3, 4.

On the 5th count take an exceptionally long step directly backward on the left foot.

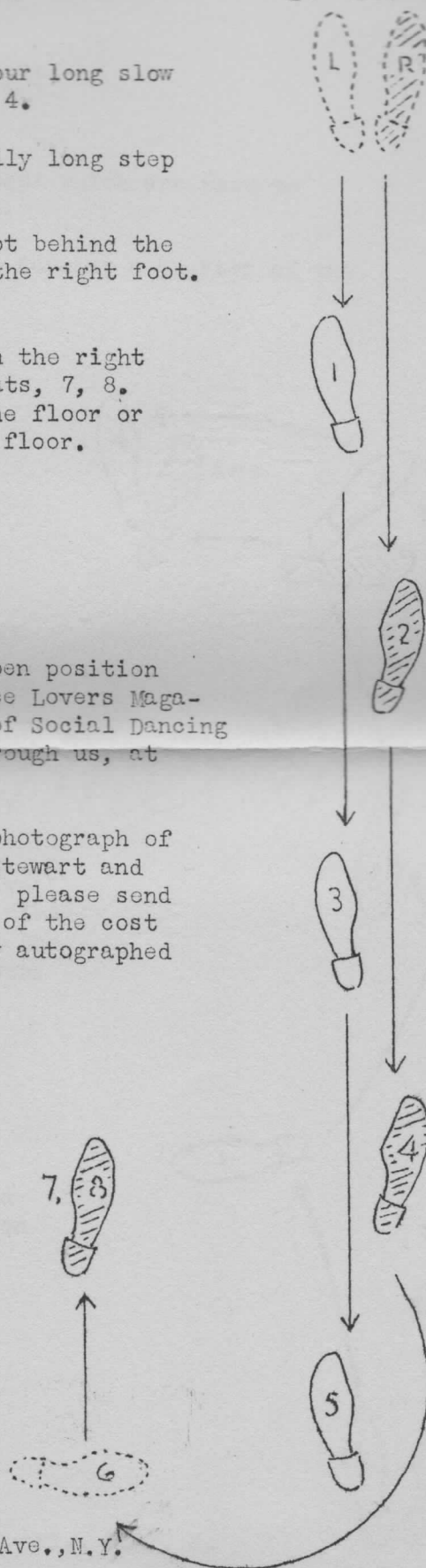
On the 6th count cross the right foot behind the left foot but do not place any weight on the right foot. See the diagram.

Take a long step directly forward on the right foot, holding the weight there for two beats, 7, 8. Either poise the left foot with toes on the floor or lift this foot about three inches off the floor.

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Photographs illustrating the half-open position may be found in the November issue of Dance Lovers Magazine. Members of the National Institute of Social Dancing are entitled to receive this magazine, through us, at half price.

If you wish to receive a beautiful photograph of Helen Shipman and Arthur Murray or Anita Stewart and Arthur Murray, for framing in your studio, please send 50¢. This small amount is less than half of the cost to us. Your photograph will be personally autographed by Mr. Murray.



POLO WHIRL

Man's Part

This step consists of two pivot steps which are used to make a half turn and two slides to left.

1. Step forward on your left foot turning a quarter of the way to left.

2. Take a long step backward on right foot pivoting one quarter of the way to the left on the right foot.

3. Slide the left foot toward your left.

"AND" - Draw right foot up to the left.

4. Slide the left foot to your left continuing the turn to your left.

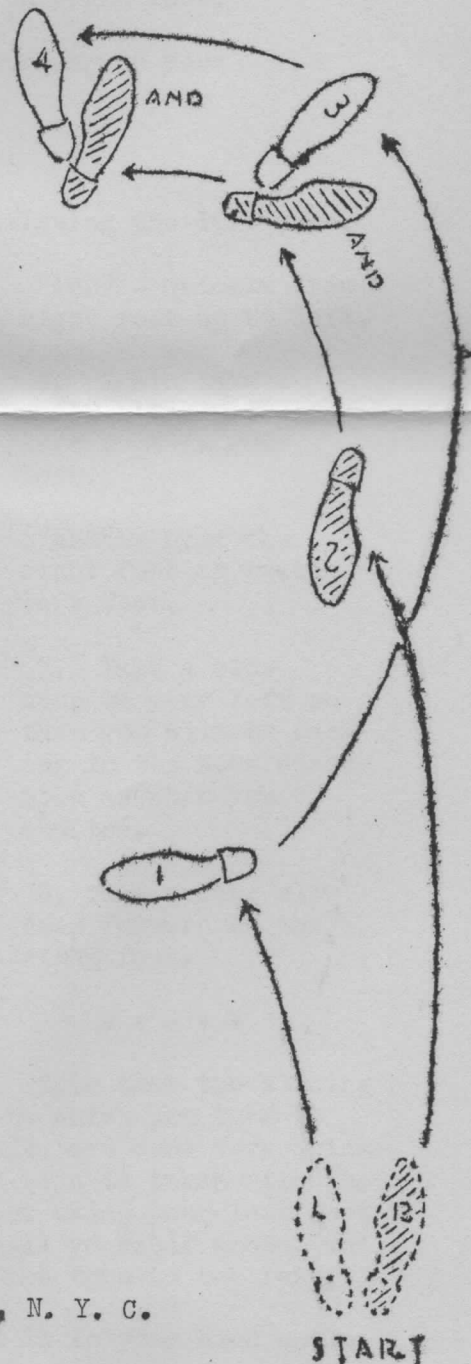
"AND" - Draw right foot up to left foot.

Note that the slide steps (3, "AND", 4, "AND") are done very quickly.

To make the Polo Whirl look effective, repeat the entire movement two or three times in succession. This is without question the most attractive looking turn of the season.

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Do not hold the diagram in your hand while learning a turn. Always place it on a table while practicing.



PONY SLIDE

Man's Part

1. Step forward on left foot at the same time extending the right foot as far forward as it will go, pointing this foot downwardly, but do not place any weight upon it. Count the right foot, which is extended in front, as No. 2.

2. (See above)

3. Take a long step directly backward on right foot.

4. Slide the left foot to your left, turning to your left. (See diagram.)

"AND" - Quickly draw right foot up to No. 4.

5. Quickly slide left foot to left continuing the left turn.

"AND" - Quickly draw right foot up to left.

6. Again take a quick slide with the left foot to your left.

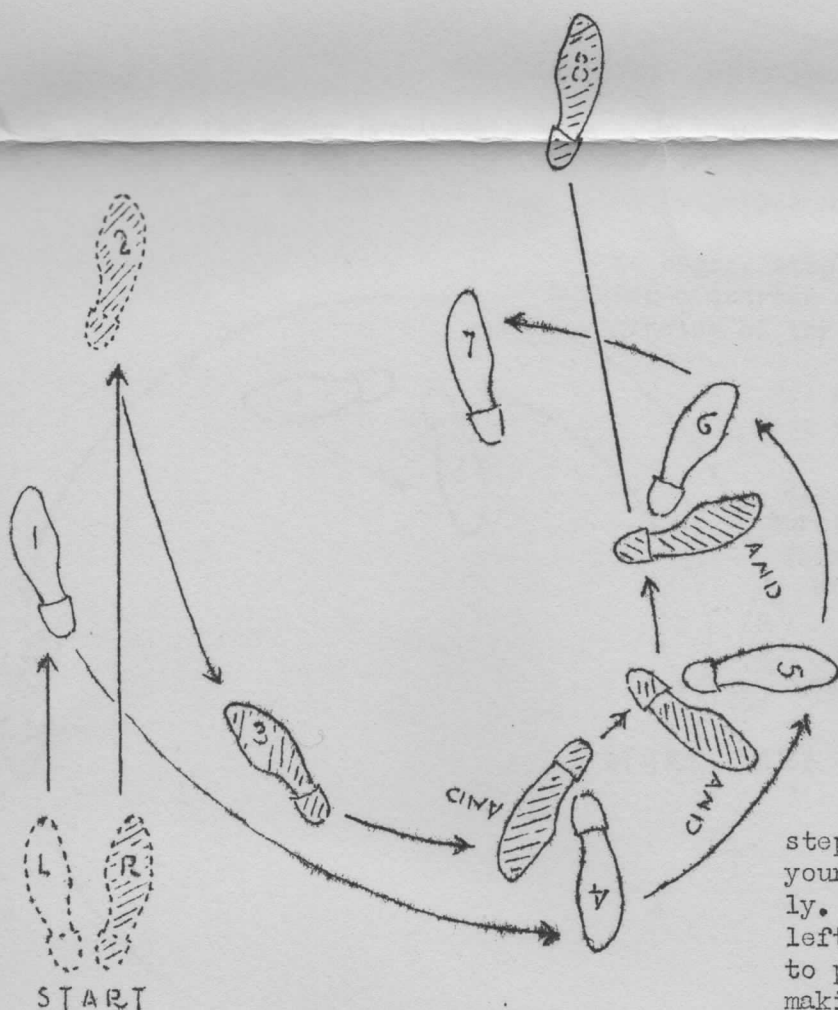
"AND" - Draw the right foot up to the left foot.

7. Take a slow step to your left so that you will be facing in the same direction as when you started.

8. Take a long slow step forward on the right foot.

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Note that the sliding steps, on which you turn to your left, are done very quickly. The lead is taken with the left foot using your left foot to propell yourself around while making the turn to the left.

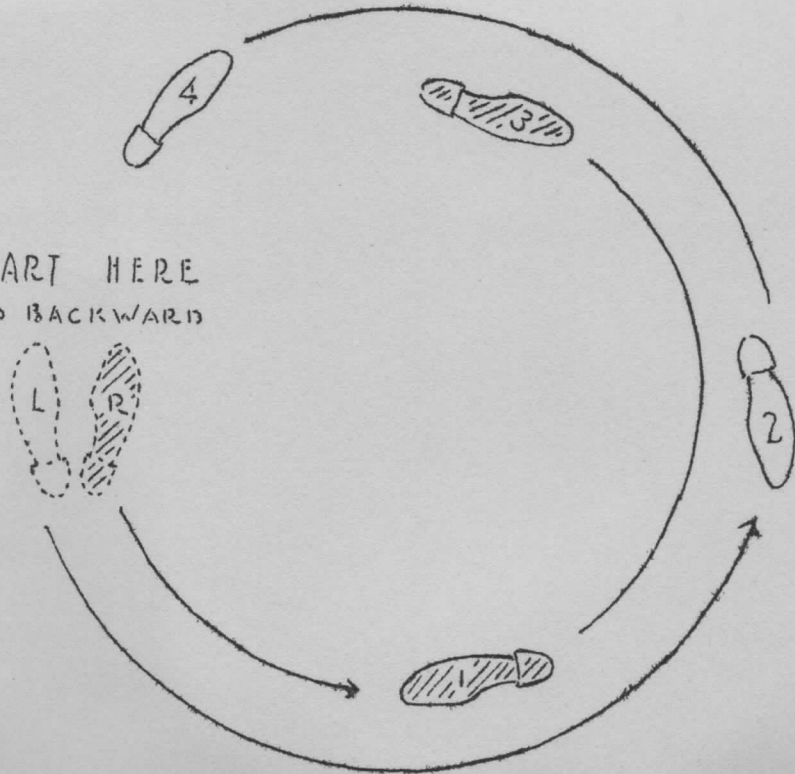


Place this diagram on the table. Do not hold it in your hand while practicing.

THE POLO PIVOT - Lady's Part

The lady's part is comparatively easy. She begins with the right foot and takes three long quick running steps backward, turning to left in a circle. On the 4th count take a long slow walking step backward on left foot. See the diagram of the Polo Pivot.

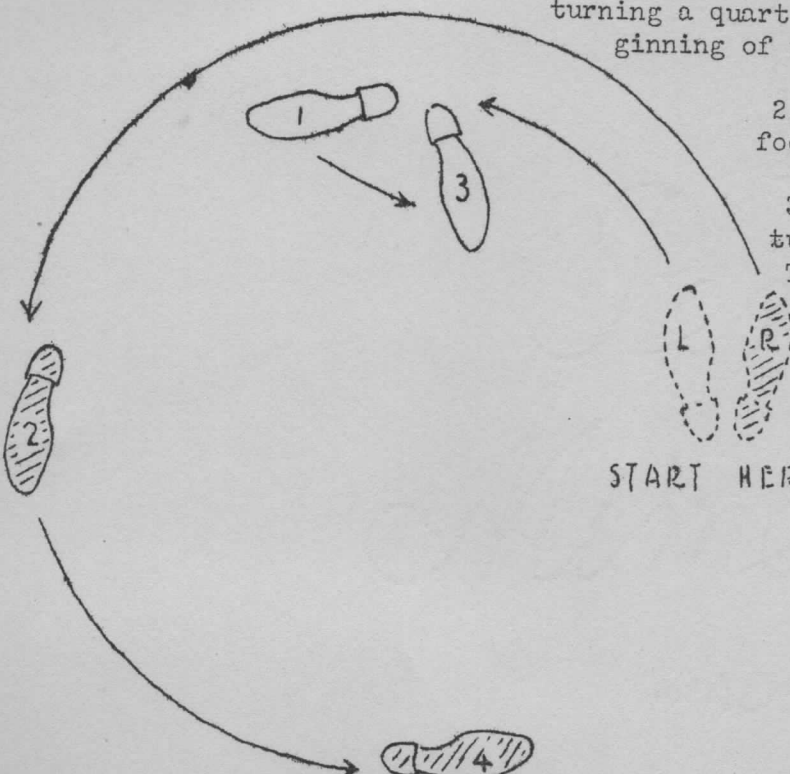
START HERE
GO BACKWARD



THE POLO PIVOT- Man's Part

Study the diagram and note that during this pivot the man's left heel is stationary. The left foot acts as a hub of a wheel while the right foot acts as the rim. The man uses his right foot to propel himself in making this novel turn to the left.

To begin, step forward with the left foot turning a quarter to left. This is the beginning of three long but very quick steps.



2. A quick step with right foot turning to left.
3. Shift weight to left foot turning on left heel to left. This completes the third quick step.
4. Take a long slow step with right foot.

START HERE Repeat the entire movement but instead of taking a step forward on the left foot for the first count, simply turn on the heel of the left foot pivoting about a third of the way to left. The other three steps are the same as described above. The Polo Pivot should be done about four times in succession.