

Under Arm Turn Polka

Pre-requisite

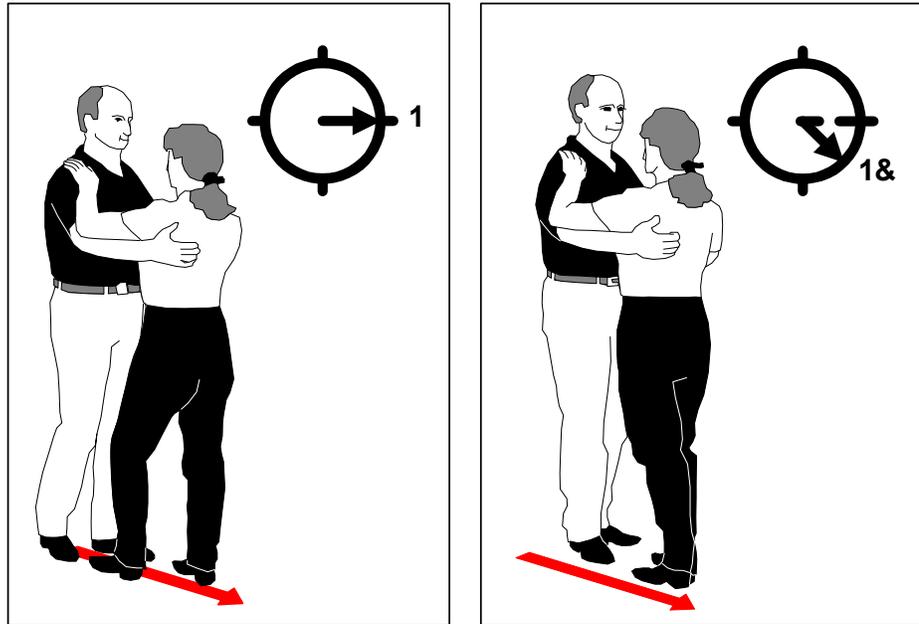
Completed Basic Polka instruction
(This is a beginning pattern)

Introduction

The Under Arm Turn in Polka is made up of distinct parts:

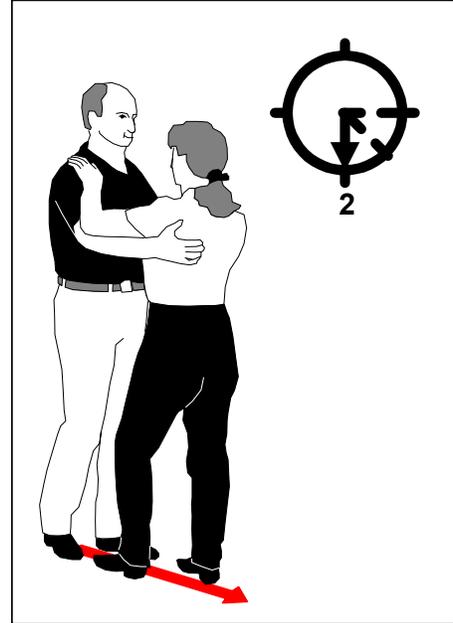
- Lead and hold on the second set of triple steps,
- Side-together for the lady on the first two steps of the second triple step set,
- Pivot turn down the line of dance for the lady on the third step of the second triple step set, and
- Recovery to closed position on the first set of triple steps in the next basic.

The First Triple Step Set

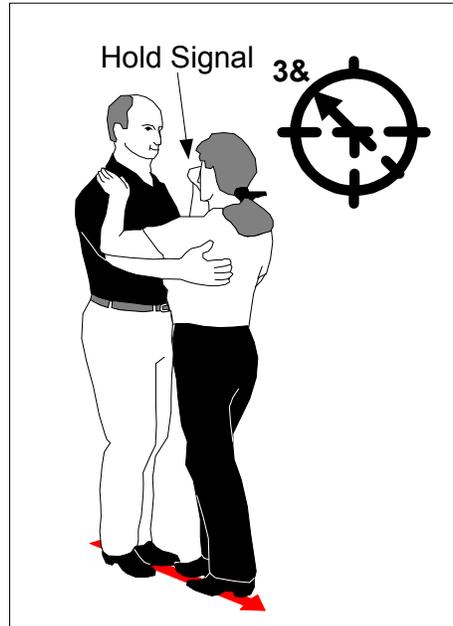
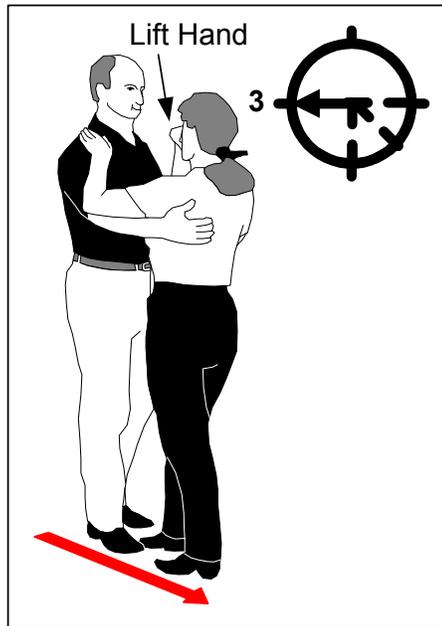


There is nothing extraordinary about the first triple step set. The gentleman leads a shuffle step (triple step set) with his left foot and ends with his left foot. The lady follows with a shuffle step (triple step set) on her right foot and ends with her right foot.

The count is “one-and-two”, or three steps in two beats of music. (Other ways of counting are “quick-quick-slow”, “triple-step”, or “shuffle-step”.)



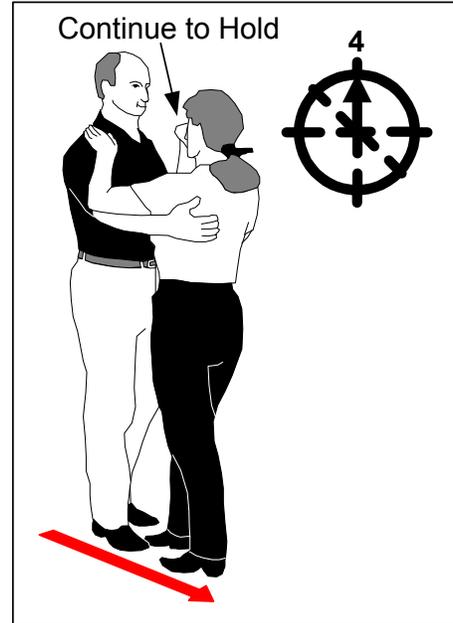
The Lead



On the first count of the second set of triple steps, the gentleman lifts the partners joined hands to the level of the lady's eyes as a signal. He holds this in place for a full count of "three-and-four". He leads the second set of triple steps with his right foot and ends with his right foot. The lady follows the second set with her left foot and ends with her left foot.

A way to count this lead is to say, "lead and hold" for the "3 and 4" count.

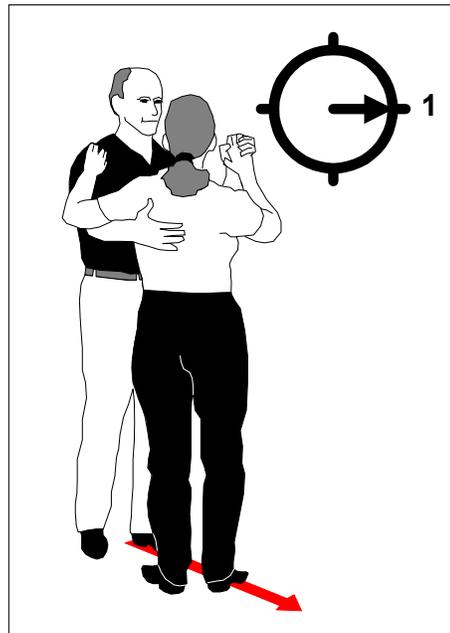
A minor situation that may feel odd to the gentleman is that he is stepping with his right but leading with his left.



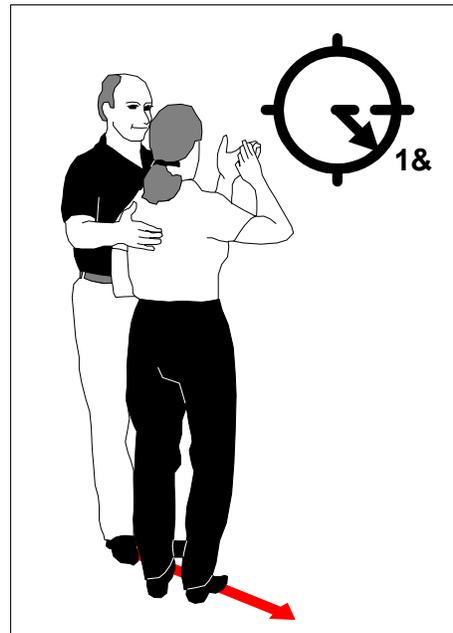
The Side-Together

The gentleman uses a two-handed lead to cause the lady to turn a quarter turn in a side together on the 1 and 1& count. Primary lead is on her back where he uses the heel of his hand to tell her to turn. He brings the collected hands in front of her face for the side-together.

The lady feels the turn on the count of one, and takes her left hand off his shoulder.



WARNING! Gentleman – take small steps to avoid kicking the side of the lady's foot.

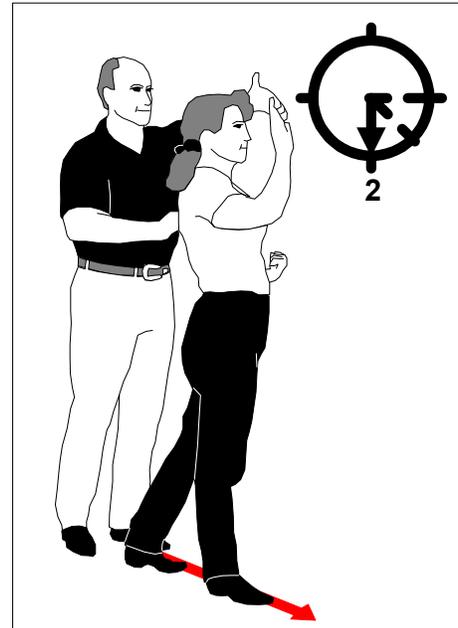


WARNING! Lady's – Do not allow your left hand to be trapped on his shoulder.

Pivot Turn

On the count of 2, the gentleman uses the fingertips of his right hand to guide the lady into the forward step of a pivot turn. He arches the collected hands over her head to tell her she is about to turn under the arched arm.

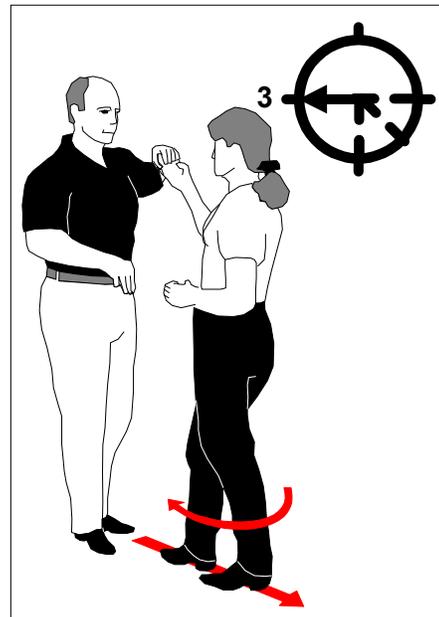
Remember, Gentleman. Opposite footwork of the partners only works if you are facing each other. If you are facing the same direction and you take large steps, you can kick her in the heels. Gentleman – take small steps.



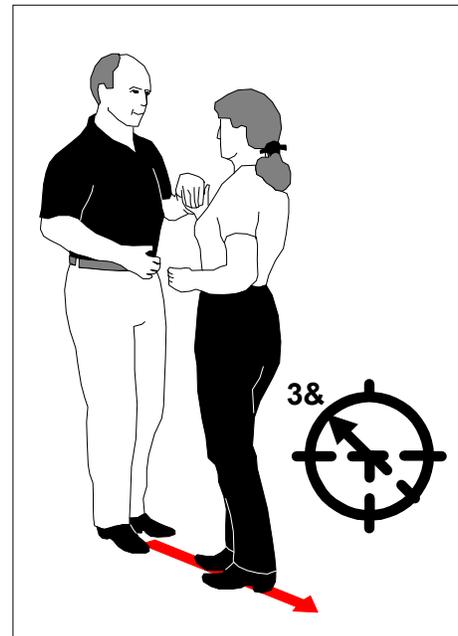
The Recovery

The gentleman leads the lady around with the collected hands to finish the pivot turn on the count of 3 and he lowers the hands to prevent her from continuing to spin.

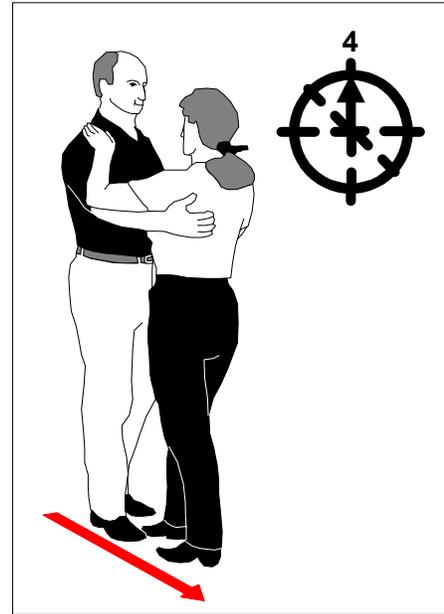
The gentleman begins to fix the upside down hand hold on the count of 3& while he begins to close up to the lady.



Ladies – This is a pivot turn with no passing of the feet. Refer to the segment on “Spin, Spin, Spin” for details.



On the count of 4, the upside down hand hold of the collected hands has been returned to a normal closed hand hold. The gentleman offers his right hand for closure, slides it under her arm, and ends in closed dance position.



Conclusion

The material presented here is not all-inclusive, but only touches the high points. Additional details may have to be taught in conjunction with an instructor present.

This concludes the segment on the Polka Under Arm Turn.