

a very popular one, and as the time is much slower than in any other, it is not quite so fatiguing, and is therefore more generally preferred. The movement is the same as in the Polka, so the same general rules and directions will apply, the only difference being in the time.

ESMERELDA.

This round dance has become almost obsolete in fashionable circles, so that a description is not essential.

DANISH POLKA

Is performed with four steps forward, followed by four hops, turning; four steps then in opposite direction, with other foot. Hops same as schottische movement.

THE VARSOVIANA.

FIRST PART.

Pass the left foot toward the left, followed by the right foot in the rear, twice (first bar). Repeat (second bar). During the turn execute one polka step (third bar) and bring your right foot to the front, and wait one bar (fourth bar). Begin as above with right foot, consequently reversing the order of feet throughout the step.

SECOND PART.

Commence with left foot, one polka-step to the left turning partner (first bar). Right foot to the front, and wait a bar (second bar). Polka-step, right foot toward the right, and turn partner (third bar). Left foot to front, wait one bar (fourth bar).

THIRD PART.

Three polka-steps, commencing with left foot, toward the left (three bars). Right foot to the front and wait one bar (four bars.) Repeat, beginning with right foot (eight bars) —making in all, sixteen bars, into which the music for this dance is always divided.