

ADAMS POLKA

MUSIC: Polka 2/4
PATTERN: Set
OPENING: Maximum 24 beats either partner
HOLD: Crossed arms in front. Skaters side by side

TEMPO: 100 beats per minute
START: Step 1 Count #1
AXIS: 45 degrees approximately

DANCE NOTES:

In the Adams Polka 24 steps complete one sequence of the dance.

There are no optional steps for this dance. All skaters will skate the 40 beat pattern only.

All Three turns are turned on the second count of the step, and free leg NOT brought forward before the turn.

XF-LIB (Step 11) is a Crossed Chasse, the only chasse step in the dance. LOF-ROB (steps 7 & 8) constitute a closed held Mohawk turn.

In this dance, partner's shoulders maintain the same attack position in relation to the skating surface at all times, so In rounding the corner of the rink Partner's shoulders would remain side-by-side and approximately parallel to the ends of the rink.

LIST OF STEPS:

Straightaway

The following 4 steps make up on straightaway sequence for both skaters:

Step No	Man	Beats	Lady
1	LOF	1	LOF
2	RIF	1	RIF
3	LOF	2	LOF
4	ROF - S	4	ROF - S

Corner

Step No.	Man	Beats	Lady
5	LOF	1	LOF
6	RIF	1	RIF
7	LOF	2	LOF
8	ROB	2	ROB
9	LIB	1	LIB
10	ROB	1	ROB
11	XF-LIB	2	XF-LIB
12	RIF	2	RIF

Opposite Corner

Step No.	Man	Beats	Lady
5	LOF	1	LOF
6	RIF	1	RIF
7	LOF- 3	2	LOF
8	ROB	2	ROB
9	LIB	1	LIB
10	ROB	1	ROB
11	XF-LIB	2	XF-LIB
12	RIF	2	RIF

COMMON ERRORS

1. Lack of power and flow for straightway;
2. Lack of hand hold control;
3. The pattern will become distorted, particularly the ends of the dance.
4. Poor timing and body position during 3 turn.

GENERAL

Good timing is expected while showing the character of the rhythm. Very good skating skills will help in achieving the overall flow, while executing the fundamentals and technical requirements of the dance. Good posture baseline and carriage should be maintained at all times. A much higher reward will be given to the skaters who “skate” the dance and have mastered all components opposed to the skaters who simply step through the dance and show very poor skating skills.

