

## ADAMS POLKA

Modified for solo dance ONLY

MUSIC: Polka 2/4  
PATTERN: Set  
AXIS: 45 degrees approximately

TEMPO: 100 beats per minute  
START: Step 1 Count #1

### DANCE NOTES:

- a. In the Adams Polka 24 steps complete one sequence of the dance.
- b. There are no optional steps for this solo dance. All skaters will skate the 40 beat pattern only.
- c. All Three turns are turned on the second count of the step, and free leg NOT brought forward before the turn.
- d. 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.
- e. In rounding the corner of the rink skater's shoulders should remain approximately parallel to the ends of the rink.

### LIST OF STEPS:

#### Straightaway

The following 4 steps make up on straightaway sequence:

Step No.	Step	Beats
1	LOF	1
2	RIF	1
3	LOF	2
4	ROF	4

#### First Corner

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

## **Second Corner**

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

## **COMMON ERRORS – ADAMS POLKA**

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

## **GENERAL**

When skating SOLO DANCE 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 skater who “skates” the dance and has mastered all components as opposed to the skater who simply steps through the dance and shows very poor skating skills.

