

BANJO POLKA



Choreographers:	Music: Bela Fleck CD (WB Records) Bluegrass Sessions, "Polka On the Banjo" or mp3 file from choreographers. Many thanks to Bob Young for bringing this superb banjo music to our attention.
Annette & Frank Woodruff	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
Rue du Camp, 87	Rhythm: Two-step
7034 Mons, Belgium	Phase: II+2 (Strolling Vine, Hover 4)
Tel: 00 32 65 73 19 40	Release date: Jan 2006
Fax: 00 32 65 73 19 41	Time & Speed: 2:55 at CD speed – 5% & shortened
E-mail: anfrank@skynet.be	Sequence: Intro-A-BB-CC-Bridge-A-C(1-12)-Ending

INTRODUCTION

1 - 2	Wait;;	OP-FCG WALL wt 2 meas;
3	Apart Point;	Apt L, -, pt R, -;
4	Together Touch to SCP	Tog R, -, tch L to SCP LOD, -;

PART A

1 - 2	2 Forward 2s;;	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
3 - 4	Open Vine 4;;	Trng to fc ptr sd L, -, XRib (<i>W Xib</i>), -; sd L, -, XRif stg manuv action (<i>Xif</i>), -;
5 - 6	2 Turning 2s to fc LOD;;	Sd L stg RF trn, cl R contg RF trn, bk L compg ½ RF trn, -; sd R contg RF trn, cl L, fwd R trng RF to CP LOD, -;
7 - 8	Strut 4;;	Fwd L trng upper bdy sltly LF, -, fwd R trng upper bdy sltly RF, -; rpt meas 7 Part A;
9 - 10	2 Forward 2s;;	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
11 - 12	Progressive Scissors to SCAR & BJO;;	Sd L, cl R, XLif to SCAR DLW, -; sd R, cl L, XRif to BJO DLC,-;
13	Rock Fwd Recover;	Rk fwd L, -, rec R, -;
14	Rock Bk Recover;	Rk bk L, -, rec R, -;
15	Forward Hitch;	Fwd L, cl R, bk L, -;
16	Hitch & Scissor Thru;	Bk R, cl L, fwd R (<i>W trng RF sd L, cl R, thru L</i>) to SCP LOD, -;
17 - 18	2 Forward 2s;;	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
19 - 20	Open Vine 4;;	Sd L, -, XRib (<i>W Xib</i>), -; sd L, -, XRif (<i>W Xif</i>) to SCP LOD, -;
21 - 22	Circle away 2 2-steps;;	Circg awy fwd L, cl R, fwd L, -; fwd R, cl L, fwd R trng to fc ptr, -;
23 - 24	Strut Tog 4 to BFLY;;	Tog strut L, -, R, -; L, -, R to BFLY WALL, -;
25 - 28	Heel Toe & Side-2-Step 2x;;; to CP	Place L heel fwd & sd w/o wgt, -, tch L, -; sd L, cl R, sd L, -; place R heel fwd & sd w/o wgt, -, tch R, -; sd R, cl L, sd R blendg to CP WALL, -;
29 - 30	Slow Twisty Vine 4;;	Sd L, -, XRib, -; sd L, - XRif, -;
31 - 32	2 Turning 2s;;	Blendg to CP sd L stg RF trn, cl R contg RF trn, bk L compg ½ RF trn, -; sd R contg RF trn, cl L, fwd R pvtg to CP WALL, -;

PART B

1 - 2	Hover 4;;	Fwd L, -, sd & fwd R, -; rec L to SCP LOD, -, thru R, -;
3	Walk & Brush;	Fwd L, -, brush R fwd, -;
4	Fwd-2-Step to Fc;	Fwd R, cl L, fwd R trng ¼ RF to CP WALL, -;
5 - 8	Strolling Vine;;;;	Sd L, -, XRib (<i>W XLif trng LF stg pu action</i>), -; trng LF sd L, cl R, trng LF fwd L to CP COH, -; Sd R, -, XLif (<i>W XRif trng RF</i>), -; trng RF sd R, cl L, trng RF fwd R to CP WALL, -;

9	Walk & Pick Up;	Blendg to SCP LOD fwd L, -, sm fwd R ldg W in firt (<i>W trng LF fwd L & swvl LF on ball of L ft</i>) to CP LOD, -;
10	Walk 2;	Fwd L, -, fwd R, -;
11 - 12	2 Forward 2s;;	Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
13	Rock side recover to SCAR;	Rk sd L, -, rec R to SCAR DLW, -;
14	Fwd-2-Step;	Travlg DLW fwd L, cl R, fwd L, -;
15	Rock side recover to SCP;	Rk sd R, - rec L (<i>W trng RF rec fwd</i>) to SCP LOD, -;
16	Fwd-2-Step to fc;	Fwd R, cl L, fwd R trng ¼ RF, -; [1 st time to CP WALL, 2 nd time to BFLY WALL]

PART C

1 - 4	Traveling Door 2x to OP;;;;	Rk sd L, -, rec R, -; XLif (<i>W Xif</i>), sd R, XLif (<i>W Xif</i>), -; rk sd R, -, rec L, -; XRif (<i>W Xif</i>), sd L, XRif (<i>WXif</i>) to OP LOD, -;
5	Vine 2 Apart;	Relg hnds sd L, -, XRib (<i>W Xib</i>), -;
6	Side-2-Step Apart;	Sd L, cl R, sd L, -;
7	Vine 2 Together;	Sd R, -, XLib (<i>W Xib</i>), -;
8	Forward-2-Step to SCP;	Diag twd ptr fwd R, cl L, fwd R to SCP LOD, -;
9 - 12	Lace up 2 & 2-Step;;;;	Twd DLW bhd W (<i>W twd DLC undr jnd ld hnds</i>) fwd L, -, fwd R, -; in LOP LOD fwd L, cl R, fwd L, -; twd DLC bhd W (<i>W twd DLW undr jnd trl hnds</i>) fwd R, -, fwd L, -; in OP LOD fwd R, cl L, fwd R, -;
13 - 16	Circle 2 & 2-Step away & together;;;;	Circg awy fwd L, -, fwd R, -; contg to circ awy fwd L, cl R, fwd L trng to fc ptr, -; circg tog fwd R, -, fwd L, -; contg to circ tog fwd R, cl L, fwd R to BFLY, -;

BRIDGE

1 - 4	Open Vine 8;;;;	Sd L, -, XRib (<i>W Xib</i>), -; sd L, -, XRif (<i>W Xif</i>) to SCP LOD, -; rpt meas 1-2 Bridge;;
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ENDING

1 - 2	Circle away 2 2-Steps;;	Circg awy fwd L, cl R, fwd L, -; contg to circ awy fwd R, cl L, fwd R trng to fc ptr, -;
3 - 4	Slow Circle Tog in 3 & Close/Point;;	Circg tog fwd L, -, fwd R, -; fwd L, -, cl R/pt L to sd xtndg both hnds dwn & out [safe], -;



Bela Fleck was born in New York City on July 10, 1958. He caught the banjo bug from the Beverly Hillbillies theme, and his first banjo came at age 15. He went to the New York City High School of Music and Art where he began on the French Horn but was quickly relegated to the choir (the banjo not being an acceptable instrument). He played in the band "Wicker's Creek" in the evenings. In 1980 he was hired by Sam Bush to play in his rebuilt *Newgrass Revival*. After nine years of intense touring and recording, they agreed to split up. While *Newgrass Revival* were active, Bela and Sam played in a band called *Strength In Numbers*. It formed out of the group of friends that always seemed to play on each other's records: Jerry Douglas, Mark O'Connor, Edgar Meyer, Sam Bush and Bela. Their album, *The Telluride Sessions* has become a new acoustic classic. Bela had already met Victor and Roy ("Futureman") Wooten, and it only needed Howard Levy's phenomenal musical skills to be added for a new band to form. *Bela Fleck And The Flecktone* played their first gig on Bela's *Lonesome Pine Special* show and were signed by Warner Brothers.