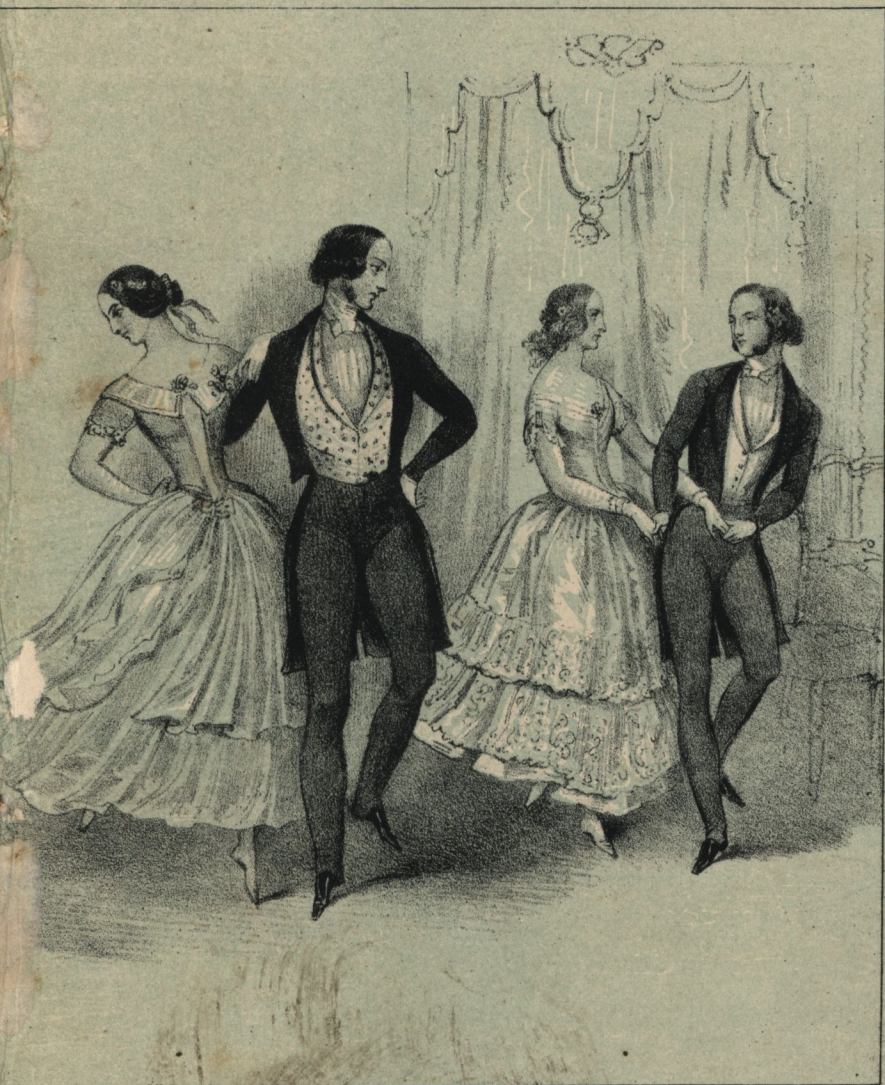


THE FASHIONABLE BALL ROOM

POLKA

ELEGANT & GROTESQUE



CONTAINING ACCURATE INSTRUCTIONS HOW TO
DANCE IT

SHOWING AT ONE GLANCE HOW GRACEFULLY AND ELEGANTLY
THE FIGURES AND STEPS SHOULD BE DANCED
AND HOW GRACELESSLY AND EXTRAVAGANTLY THEY MAY BE.

WITH MUSIC BY W.H. PLUMSTEAD.

LONDON;

The 12 Tinted Illustrations and
the Music together 2/6.

The same Colored 3/6.

The bottom of this book, with the publisher and
some step descriptions, had been trimmed off.
This scan omits none of the book as it is.

From the collection of Richard Powers

THE FASHIONABLE BALL ROOM

POLKA

COMPOSED & ARRANGED BY

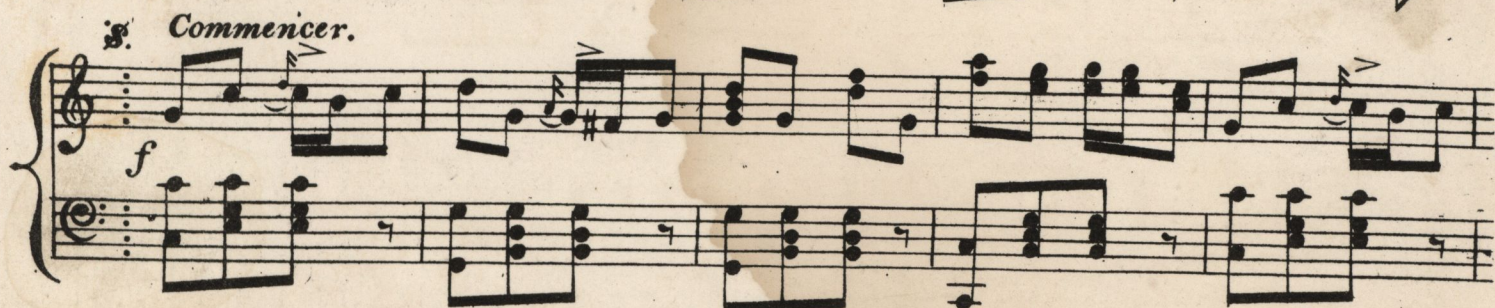
W. H. PLUMSTEAD.

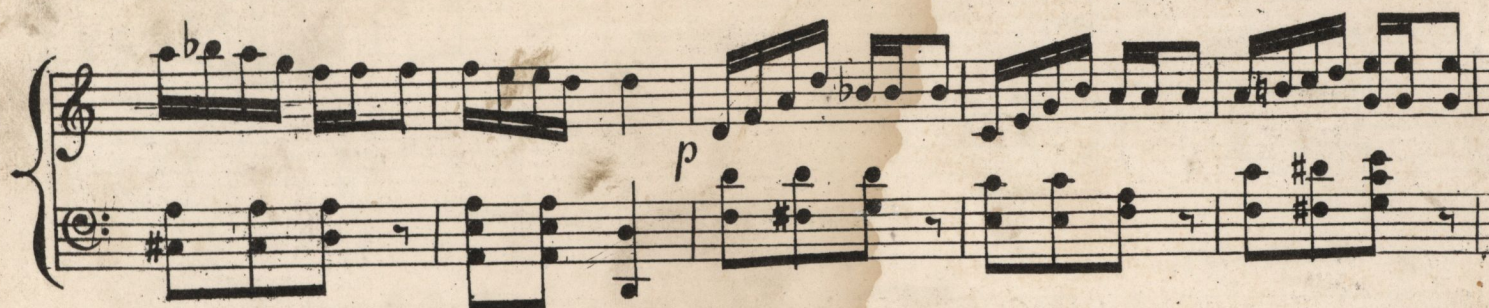
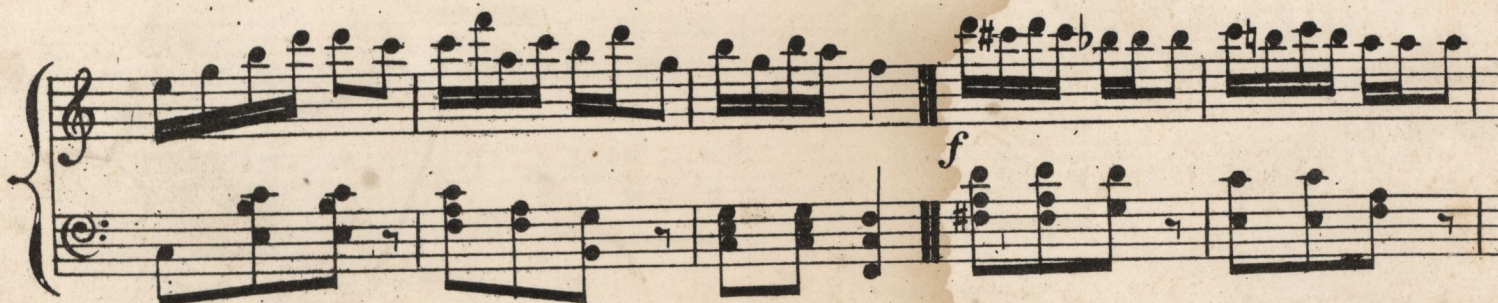
INTRODUZIONE.

ALLEGRO
MODERATO



Commencer.





- First Step. (The forward)*
- 1 - Hop on the right leg, doubling up the left a little at same time.
 - 2 - Put your left leg boldly forward.
 - 3 - Bring your right toe up to your left heel.
 - 4 - Advance your left foot a short step forward.

To continue this step, you are to use the left leg where you used the right, & the right in the place of the left.

In the introduction to figure 1. the above has to be done thus. - First forward, then backward - forward again and then backward - taking care to gain ground

- First Step. (The back) (see figure 2)*
- 1 - Hop on the right leg, doubling up the left a little at same time.
 - 2 - Put the left boldly backward.
 - 3 - Bring your right toe back to your left heel.
 - 4 - Carry your left foot a short step backward.

To continue this, it is but necessary to do the same on the other foot, substituting the left for the right & the right for the left. The directions will be then quite clear.

- Second Step. (The heel & toe)*
- 1 - Hop on the right leg (a little one) dropping your left heel close to the right toe.
 - 2 - Repeat the little hop on the right, pointing your left toe close to the right heel.
 - 3 - Again the little hop on the right leg, advancing one step forward with the left foot.
 - 4 - Bring up the right foot, turn at the same time and pass your partner over to your left arm. (see figure 4).

In repeating this, - substitute the one foot for the other, and one arm for the other, in reading it, and the directions are explicit.



1



Lead your lady to the circle, place her vis à vis to you, take her left hand in your right and then do the introductory steps, four times, together you then advance balancant, first to the right & then to the left, alternately placing yourselves vis à vis & dos à dos, proceeding thus around the circle once, & with the glissade the second time.

2

With your right arm circling your partner's waist, and in your left hand holding her right, place your lady exactly fronting you, and retreat round the room: your partner pursuing you, as it were, then reverse the figure, she retreating, you pursuing, your lady doing the back step now, as you have just done, and you doing the forward step as she has just done.





3

Advance together down centre of the ball room doing figure one step and then do the gallop step round to the commencing point.

4

With the heel and toe step Valse up and down passing your lady over from your left arm to your right & from your right to your left alternately.





5

At top cross to each others' places, and advance separately, performing figures en avant & en tournant, (forward & turning,) then dos à dos and vis à vis alternately up the centre.

6

Valse round the room, doing the back step, turning your partner the contrary way to the usual Valse.



