



ES Mūzizglītības programmas

Comenius daudzpusējais projekts „The treasure chest and ICT or ICT in reading and writing”

Līguma nr. 2013-1-BG1-COM06-00006 2

Latviešu tautas dejas

Abraham polka

„Abraham polka” is very popular and fast Latvian national dance. Dancers stand in 4 lines – two boys in front and two girls behind. With Abraham polka’s steps dancers move to the centre of stage, like cross. Boys move to their girls and they dance together round polka. Girls jump 4 times and boys beat wrists. Then all dancers make one large square. Dancers from the opposite lines change their places. Next two lines repeat. With Abraham steps pairs make 4 small squares. One pair raises their hands and second pair runs between them. After that, dancers stand in 2 lines – girls in front, boys behind. Only girls dance in the centre of stage and return to their partners. In last combination all pairs dance in circle, boys twirl girls two times. All dancers repeat this combination 4 times and dance ends.



