

Presented by: Eugene Ciejska

OSMA RANO

(Oos-mah rah-no)
(Eight O'clock in the Morning)

a Kaszubian Polka

SOURCE: Taught to Eugene Ciejska by Frances Wesolowska, dance director for Polish National Alliance in New York City.

RECORD: Polish Country Dance Party in Hi-Fi, Bruno -BR 50137; Side A, Band 3

FORMATION: Couples. M & W facing LOD with M inside. Promenade pos

STEP: This dance is composed of entirely one step, with minor steps for changing direction. Hop on R (ct 1), step on L (ct &), step R (ct 2), step L (ct &) Step desc. is for M, W use opp ftwk

PATTERN

NO INTROSMeas FIGURE I POLKA AND JUMP TURN

- 1-3 Do three polka steps in LOD
- 4 Small jump fwd on both ft (ct 1) push off on both ft and make 1/2 turn twd ptr (M move CW) to face RLOD (ct &), land on R while picking up L from knee so that sole of shoe is visible (ct 2), hold (ct &)
- 5-8 Repeat meas 1-4 traveling RLOD and turning twd ptr again on meas 8, face LOD

FIGURE II POLKA AND KICK

- Hand hold is changed so that M holds W L in his R.
- 1-3 Do 3 polka steps LOD, Both face LOD (free hands held loosely to side)
- 4 Kick R fwd from hip (ct 1) hop on L (ct &) swing R bwd (ct 2) and hop on L while making 1/2 turn twd ptr to face RLOD (ct &)
- 5-8 M now holds W R in L hand. Repeat meas 1-4 in RLOD, ending on meas 8 facing LOD using opp ftwk

FIGURE III POLKA STEP TRAVELING LOD TURNING CCW

- 1-16 Shoulder waist pos. Dance 16 Polka Steps LOD turning CCW. M ends on inside of circle. Meas 1 of Fig I is used to return to proper hand hold.

Repeat FIG I, meas 1-8

Repeat FIG II, Meas 1-8

Repeat FIG III, Meas 1-8 (One polka per meas)

Repeat entire dance from beg, FIG. I, II, & III (32 meas)

Repeat FIGS I, II, and 8 meas of III.

Repeat entire dance from beg, FIG I, II, & III (32 meas)