

# Polca din bătrâni

Bucovina (northern Moldavia), Romania

It is usually rare to find polka type dances in Romania (the word is spelled with a “c” instead of a “k” in Romanian). This form of couple dance is a relative newcomer in the history of dance in Romania. It was introduced through the Scandinavian countries and then adapted to the context and peculiarities of each village. The Romanian *polca* is seen in Moldavia in a few variations (*Polca*, *Polcuța*) and differs enormously from the original that gave rise to it. In some Romanian villages, the *Polca* was adopted and is now considered a dance in the purest Romanian tradition. In fact, the name of the dance *Polca din bătrâni* means “Polka in the style of olden times!”

Pronunciation: pohl-KAH deen BUH-truhn(ee)

CD: *Sonia Dion & Cristian Florescu, Romanian Realm Vol. 2, Band 5*

4/4 meter

Formation: Cpls in Ballroom pos, men facing LOD, women back to LOD.

Open-pos: Cpl side by side, facing same direction M's R arm around W's waist. W's L hand rests on M's R shldr. M holds W's R hand in his L with arms extended fwd. This is similar to the Ballroom pos but more open. (see illustration)



## Meas

## Pattern

4 meas

## INTRODUCTION

### FIGURE I

Ftwk described for M, W use opp ftwk (W start L ft bkwd).

Style: Couple bends upper body slightly to the side and in the same direction as the footwork (ex.: step fwd on R, bend twd R side). The swaying from side to side is done alternately on beats 1-2 of meas 1-8. On beats 3&4 of meas 1-8, the body is inclined (only once) in the direction of ct 3.

- |     |   |
|-----|---|
| 1   | Step fwd on R (ct 1); step fwd on L (ct 2); step fwd on R (ct 3); step L ball close to R (ct &); step fwd on R (ct 4). (3 & 4 = one Two-step) |
| 2   | Step fwd on L (ct 1); step fwd on R (ct 2); step fwd on L (ct 3); step R ball close to L (ct &); step fwd on L (ct 4). (3 & 4 = one Two-step) |
| 3-4 | Repeat meas 1-2.  |
| 5-8 | Repeat meas 1-4 reversing direction (moving in RLOD), M starts bkwd with R, W starts fwd with L.  |

### FIGURE II

Ftwk described for M, W use opp ftwk and direction.

- |     |   |
|-----|---|
| 1   | 2 step-hops fwd (R, L) moving slightly 1/4 CW out of circle (cts 1,2,3,4). Ptrs end facing each other (still in Ballroom pos.), M back to ctr.                                  |
| 2   | 2 step-hops bkwd (R, L) moving slightly 1/3 CCW (cts 1,2,3,4). M ends facing diag into ctr.   |
| 3-4 | One running Two-step beg with R, moving into ctr (cts 1,&,2) (M ends facing ctr); do 3 running Two-steps (L,R,L) turning 3/4 to R (CW) in place (cts 3-8) (M ends facing RLOD). |

## Polca din bătrâni—continued

- 5-8 Repeat meas 1-4 with same ftwk and motion but M starts facing RLOD; at the end (meas 7-8) turn only 1/2 CW to finish ptrs in side-by-side pos, facing ctr, W to R of her ptr.

FIGURE III

Cpl facing ctr in Open-pos. Ftwk described for M, W use opp ftwk.

- 1 Move twd ctr with 2 Two-steps (R, L) (cts 1,&,2,3,&,4).  
 2 Step fwd on R (ct 1); swing and kick fwd with L (ct 2); step on L in place (ct 3); swing and kick fwd with R (ct 4).  
 3-4 Repeat meas 1-2, with same ftwk but moving bkwd.  
 5-6 Partners do 4 running Two-steps. M does his steps in place, starting with R; W does her steps turning once around M (CCW). Cpl finish in Open-pos, as meas 1, facing ctr, ptrs do not hold hands. M raises his L arm and gently pushes ptr with his R hand to indicate where she should go, before dropping his R arm alongside his body. At the end of this sequence, M drops his L arm to take the same Open-pos with his ptr. W's arms are down alongside her body. At the end of this sequence, W brings up arms to take open pos.  
 7-8 Turning 1/4 (CCW) together with 4 running Two-steps, M beg with R ft. Cpl turning with upper body (from waist) bent slightly in front. Ptrs end face to face in Ballroom pos, M facing LOD.

FINALE

- 1-8 Repeat Fig I, meas 1-8.  
 9 M does 3 walking steps in place (R, L, R), helping his partner to turn with his L hand, R arm down alongside his body (cts 1,2,3).  
W turning once (CCW) in place with 3 walking steps (L, R, L) with R hand in L hand of her partner, L arm is down alongside her body (cts 1,2,3).  
 Ptrs end face to face, holding hands M's L hand with W's R hand at chest level (as if M kisses W's R hand!).

Sequence: Repeat Fig I, Fig II, Fig III five times until music ends with Finale.

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