

POLKA CIĘTA

(POHL-kah CHEN-rah)

Polka cięta is a couple dance from Podgórodzie in the Nowy Sącz region, in southeast Poland. The settlers in the Nowy Sącz region came from two different ethnic elements: the farmers from the ancient, culturally rich Kraków region and the shepherds from the Carpathian mountains. As a result, the Nowy Sącz region contains two folk cultures: one, of the Lachy (LAN-hih), the inhabitants of the plains in the picturesque valley of the Dunajec river, and the other of the Górale (goo-RAH-leh), the inhabitants of the Beskid mountains. This mixture created a very interesting and rich folklore.

Polka cięta is one of the dances of the Lachy people. Although it is called a polka, it contains almost no polka steps. The name is derived from the verb "ciąć" (chunch) - to cut or to snip, because of a very fast moving step it contains.

Music Record: ZM-46729 "Tańce ludowe z Polski - Volume 2" (Folk Dances from Poland), side B, band 8, (available from Ada Dziewanowska); 2/4 time.

Starting Position: Cpls around circle in social dance pos, M's back to ctr, W facing ptr; own ft about 30 inches apart, ptrs' joined hands (M-L, W-R) raised above level of heads, arms somewhat rounded.

PATTERN

Meas

1-2

INTRODUCTION

FIGURE I: STAMPS AND SLIDES

The whole fig is danced on deeply bent knees.

1 Head turned slightly LOD, torso erect, M standing on R ft, W on L ft, stamp wtlessly (M-L, W-R) and slightly increasing bend of supporting leg. Toes of stamp ft face LOD (ct 1); slightly straighten supporting leg (ct 2).

2-4 Repeat action of meas 1 three more times (four wtless stamps total).

5-8 Dance eight small, accented sliding step-togethers (beg M-L, W-R); end with weight on both ft.

9-16 Repeat action of meas 1-8 with opp ftwk and dir, except lean slightly HLCB.

FIGURE II: TURN WITH "CIĘTA" STEP

1-7 Shldr-waist pos; beg M-R, W-L, turn CW in place with fourteen light running steps, thighs vertical, lower legs kicking up in back. Turn as many revolutions as possible.



(cont.)

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- 8 Run one more step (ct 1); jump, landing with both ft close together, knees bent (ct 2).
- 9-16 Repeat action of meas 1-8 with same ftwk but opp dir; end, releasing ptr. M faces LOD, slightly rounded arms extended to sides and slightly fwd. W faces ptr, hands on own hips, fingers fwd, thumbs back, elbows somewhat fwd.

FIGURE III: CHASING FIGURE

- 1 M: Dance this fig with knees bent and upper body always facing LOD. Standing on L leg, do a wireless stamp with R ft near other ft (ct 1); take an accented step with R ft fwd and diag to outside (ct 2). W: Beg R ft, turn 1/2 CW turn with a small, flat polka step; keep eye contact with ptr as long as possible.
- 2 M: Repeat action of meas 1 with opp ftwk, stepping fwd diag to inside. W: Repeat action of meas 1 with opp ftwk.
- 3-16 Repeat action of meas 1-2 seven more times (for a total of sixteen stamp-steps for M and sixteen polka steps for W). W: End with no wt on L ft. M: May clap his hands on ct 1 of meas 1, 5, and 9.

FIGURE IV: TURN WITH "CIĘTA" STEP

- 1-16 Repeat action of Fig II.

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