

POLYANKA
Russian

SLOW PART

WOMEN

1. RUSSIAN POLKA
PUSH AND STAMP
2. BRUSH, TWO STEP AND TURN
3. RUSSIAN POLKA, BOW AND CUT STEP

MEN

1. HEEL STAMP
2. BRUSH, TWO STEP AND TURN
3. PRYSIADKA, KICK AND TURN

FAST PART

4. RUSSIAN POLKA, CUT STEP
5. PUSH STEP, "JUMP" TURN STEP
6. RUSSIAN POLKA & DOS*A*DOS
7. TURN AWAY, JUMP, ELBOW HOOK
8. LEAP, BUZZ & HOP TURN
9. TOE-HEEL, SLIDE AND KICK
10. POLKA, SKIP & POSE

4. RUSSIAN POLKA, RUSSIAN SKIPS
5. PUSH STEP PRYSIADKA
6. RUSSIAN POLKA & DOS-A-DOS
7. TURN AWAY, JUMP, ELBOW HOOK
8. LEAP, BUZZ AND HOP TURN
9. POLKA & STAR PRYSIADKA
10. POLKA, SKIP & POSE

Continued...

POLYANKA
WOMEN

SLOW PART

MEASURES

- 1 1. RUSSIAN POLKA
W MOVE TOWARD M WITH EXAGGERATED POLKA: BEGINNING WITH R, STEP FWD ON HEEL, TOE UP (ct. 1): CLOSE L FOOT TO THE BACK OF R AND TAKE WEIGHT ON L, (ct. and), STEP FWD R, (ct. 2), HOLD (ct. and).
- 2 REPEAT ACTION OF MEASURE 1, BEGINNING L.
- 3 REPEAT ACTION OF MEASURE 1, BEGINNING R.
- 4 TURNING L SHOULDER TOWARD PARTNER, STAMP L, (ct. 1), HOLD (ct. and), STAMP R, (ct. 2), HOLD (ct. and).
- NOTE: ON EACH POLKA STEP THE CORRESPONDING ARM SWEEPS HIGH IN AN ARCH OVER HEAD, TURNING OPPOSITE SHOULDER SLIGHTLY TOWARD PARTNER, OPPOSITE HAND ON HIP WITH KNUCKLES RESTING ON HIP.
- 5-6 PUSH AND STAMP
W FACES CCW AND MOVES AWAY FROM PARTNER WITH 3 PUSH STEPS: STEP AWAY FROM PARTNER ON R AND PUSH SIMULTANEOUSLY DIRECTLY FWD TOWARD PARTNER WITH L FOOT (ct. 1) (L TOE EXTENDED TOWARD PARTNER): BRING L FOOT TO ARCH OF R AND TAKE WEIGHT ON L (ct. and). REPEAT PUSH-STEP TWICE (ct. 2 and) (ct. 1) (DO NOT CLOSE L FOOT TO R ARCH BUT STAMP LIGHTLY ON L (ct. and), STAMP LIGHTLY ON R (ct. 2, hold, ct. and), MAKING A HALF TURN CCW TO FACE OPPOSITE DIRECTION (R SHOULDER TO PARTNER). THE ARM POSITION CHANGES WITH THE HALF TURN CCW, L ARM ARCHED HIGH OVER HEAD. R SHOULDER TURNED TO PARTNER, R HAND ON R HIP.
- NOTE: ON PUSH STEP W TURNS SLIGHTLY FWD TO FACE PARTNER, POINTING "PUSHING" TOE DIRECTLY TOWARD PARTNER.
- 7-8 REPEAT ACTION OF MEASURES 5-6 BEGINNING L. L ARM ARCHED HIGH OVER HEAD, R SHOULDER TURNED TO PARTNER, R HAND ON R HIP.
- 1-4 2. BRUSH, TWO-STEP AND TURN
L ARM ARCHED HIGH, R HAND ON HIP BRUSH R FOOT DIAGONALLY FWD TO L ACROSS L (ct. 1 and), BRUSH R FOOT BWD (ct. 2), KICK R FOOT FWD TURNING DIAGONALLY FWD TO R, BENDING L KNEE AND SLIGHTLY SKUFFING L HEEL FWD (ct. and). STEP R AND DO 3 TWO-STEPS R-L-R (ct 1 and, 2 and, 1 and, 2 and, 1 and, 2 and). WHILE DOING TWO-STEPS, FORM INDIVIDUAL CIRCLES TO R, ARMS FWD AT SLIGHT ANGLE (ELBOW HEIGHT), PALMS UP: PASS L SHOULDERS WITH PARTNERS AND END CIRCLE FACING PARTNERS, BRINGING HANDS TO HIP ON CT. 2 OF MEASURE 4.
- 5-8 REPEAT ACTION OF FIGURE 2, BEGINNING WITH L FOOT AND WITH R ARM ARCHED HIGH, PASS R SHOULDERS ON THE 3 TWO-STEPS.
- 1-2 3. RUSSIAN POLKA, BOW AND CUT-STEP
L HAND ON HIP, R ARM SWEEPS ACROSS TO L AND BACK INTO HIGH ARC OVER HEAD. TAKE ONE RUSSIAN POLKA BWD R (ct. 1 and, 2 and), TURNING L SHOULDER SLIGHTLY TOWARD PARTNER. STEP L BACK OF R, PUTTING HAND TO HEART (ct. 1) AND POINT R FOOT FWD: BOWING LOW TOWARD PARTNER, R ARM SWEEPS IN ARC FROM THE HEART TOWARD R FOOT (ct. 2).
- NOTE: THIS STEP IS DONE IN AN EXAGGERATED SLOW TEMPO.

Continued ~

MEASURES

3-4 MOVE TOWARD PARTNER 4 CUT STEPS WITH R TOE LEADING FWD (L FOOT REPLACING R ON CUT) (ct. 1 and, 2 and, 1 and, 2 and).

NOTE: CUT STEP IS EXECUTED ON THE NUMERICAL CT. ARMS HELD OUT TO THE SIDE (PALMS DOWN), AND SLIGHTLY BELOW SHOULDER LEVEL. ROTATE ARMS BWD AND FWD TURNING PALMS UP ON EACH NUMERICAL CT OF THE MUSIC AND ON THE "AND" (ct. 1 and, 2 and, 1 and, 2 and).

5-8 REPEAT FIGURE 3 EXACTLY EXCEPT AT THE END DO ONLY 3 CUT-STEPS AND STAMP R, L, (ct. and 2, hold and). FINISH WITH WEIGHT ON L FT., R HAND JOINED HIGH WITH PARTNERS R, L HAND ON HIP.

FAST PART

1-4 4. RUSSIAN POLKA, CUT STEP
MOVE BWD OUT OF CIRCLE. TURN R UNDER JOINED R HANDS WITH 4 RUSSIAN POLKA STEPS, BEGINNING WITH R FOOT (R, L, R, L). MAKE TWO COMPLETE TURNS.

5-8 FACE PARTNER, R HANDS JOINED IN HIGH ARC. RETURN TO PLACE WITH 8 QUICK CUT STEPS, R FT. FWD, L HAND ON L HIP.

9-16 REPEAT FIGURE 4 MEASURES 1-8.

1-4 5. PUSH-STEP, "JUMP" TURN STEP
DOUBLE CIRCLE, FACING PARTNERS, MAN'S BACK TO CENTER. WITH 8 PUSH STEPS BEGINNING L, PARTNERS MOVE TO OWN R, WEIGHT ON R.

5 W TURN ONCE IN PLACE TO R WITH "JUMP" STEPS. (JUMP STEP: LEAP LIGHTLY ONTO L FOOT AND EXTEND R HEEL DIAGONALLY FWD., TOE UP (ct. 1), CHANGE WEIGHT QUICKLY BY LEAPING ONTO R FOOT AND EXTENDING L HEEL FWD. TOUCHING FLOOR (ct. 2).

6-8 REPEAT ACTION OF MEASURE 5 THREE MORE TIMES (8 JUMPS IN ALL).

9-16 MOVING L RETURN TO ORIGINAL PLACE WITH 8 PUSH STEPS, BEGINNING R WITH WEIGHT ON L FOOT. W REPEAT "JUMP" STEP TURNING TO L.

NOTE: ON PUSH STEP W STRETCH ARMS OUT TO SIDE AT SHOULDER HEIGHT. W "FLUTTER" HANDS. ON JUMP STEP W TURN WITH HANDS HIGH OVER HEAD CONTINUING THE FLUTTERING MOTION. AT THE END OF FIGURE PARTNERS ARE FACING ABOUT 4 FT. APART.

1-4 6. RUSSIAN POLKA AND DOS-A-DOS
ARMS HANGING LOOSELY AT SIDES, EXECUTE 2 RUSSIAN POLKA STEPS FWD TOWARD PARTNER, R, L (ct. 1 and, 2 and, 1 and, 2 and). MOVE BACK TO PLACE WITH 2 RUSSIAN POLKA STEPS, R, L (ct. 1 and, 2 and, 1 and, 2 and).

5-8 PASSING R SHOULDERS DOS-A-DOS PARTNER ON 8 SHUFFLE-WALK STEPS (Ct. 1,2,1,2,1,2,1,2)

1-4 REPEAT 2 RUSSIAN POLKA STEPS FWD (ct. 1 and, 2 and, 1 and, 2 and) AND 2 RUSSIAN POLKA STEPS BWD (ct. 1 and, 2 and, 1 and, 2 and).

5-8 DOS-A-DOS PARTNER PASSING L SHOULDERS ON 8 SHUFFLE-WALK STEPS (ct. 1,2,1,2,1,2,1,2)

Continued ..

MEASURES

- 1-2 7. TURN AWAY, JUMP, ELBOW HOOK
PARTNERS PACING, INSIDE HANDS JOINED (MAN'S R, W, L), PROGRESS CCW IN THE CIRCLE, TURN AWAY FROM PARTNER ONE COMPLETE TURN ON 2 POLKA STEPS (ct. 1 and, 2 and, 1 and, 2 and). SWEEPING JOINED HANDS DOWN AND FWD ON FIRST POLKA STEP. BREAK ON SECOND POLKA STEP AND REJOIN INSIDE HANDS BEFORE BEGINNING NEXT MEASURE.
- 3-6 REPEAT ACTION OF MEASURES 1 AND 2 TWICE.
- 7-8 FACE PARTNER AND JUMP DIAGONALLY R ON BOTH FEET WITH L HIPS ADJACENT (ct. 1 and), JUMP BACK TO PLACE (ct. 2 and). REPEAT THE JUMP DIAGONALLY TO L (ct. 1 and) AND JUMP BACK TO PLACE (ct. 2 and). ON THESE JUMPS THE HANDS HANG LOOSELY AT SIDES.
- 9-16 JOIN R ELBOWS, L ARM HELD IN A HIGH ARC. TURN CW AND TAKE 8 RUSSIAN POLKA STEPS BEGINNING R. LEAN AWAY FROM PARTNER ON TURN AND END FACING PARTNER.
- 1-8 REPEAT ACTION OF MEASURES 1-8.
- 9-16 REPEAT ACTION OF MEASURES 9-16, HOOKING L ELBOWS AND STARTING POLKA ON L FOOT WITH R ARM HIGH.
- NOTE: AT THE END OF EACH RUSSIAN POLKA STEP THE FOOT FLIES UP IN BACK IN A SAUCY MANNER.
- 1-2 8. LEAP, BUZZ AND HOP-TURN
PARTNERS FACING (W FACING INTO CIRCLE). BOTH LEAP LIGHTLY DIAGONALLY FWD TO R ON R (ct. 1), CLOSE L TO R (ct. and) CHANGE WEIGHT TO R (ct. 2, hold ct and), L SHOULDER TO PARTNER. LEAP BACK TO PLACE ON L (ct. 1), CLOSE R TO L (ct. and) CHANGE WEIGHT TO L (ct. 2, hold ct and).
- NOTE: W BEND SLIGHTLY BACKWARD ON THIS STEP THRUSTING THEIR HANDS HIGH, UPWARD AND FORWARD, PALMS UP, MEASURE 1 AND RETURN HANDS TO HIPS, MEASURE 2.
- 3-4 W WITH R ARM HELD HIGH, L HAND ON HIP, DO ONE SOLO BUZZ TURN R IN PLACE ON 4 BUZZ STEPS (ct 1 and, 2 and, 1 and, 2 and).
- 5-8 REPEAT MEASURES 1-4 BEGINNING L, R SHOULDER TO PARTNER: ONE SOLO TURN L AND END FACING PARTNER.
- 9-16 STEP FWD R SO THAT HIPS ARE ADJACENT, R ARM AROUND PARTNERS WAIST, L ARM HELD HIGH. TAKE 16 HOPS CONTINUOUSLY ON R TURNING R, L LEG EXTENDED TO THE BACK (KNEE IS STRAIGHT) TWO HOPS TO A MEASURE. AT THE END OF THE TURN W MUST BE IN ORIGINAL POSITION.
- 1-16 REPEAT ACTION OF MEASURES 1-12 BEGINNING L, HOPPING ON L WITH L HIPS ADJACENT AND R ARM HIGH.
- 1-4 9. TOE-HEEL, SLIDE AND KICK
BEGINNING WITH FEET TOGETHER, TURN TOES OUT TO R (ct. 1 and) SLIDE HEELS TO R (ct. 2 and). REPEAT TOE-TURN STEP 3 TIMES.
- 5-8 HOP ON L, TOUCH R TOE TO R SIDE (ONE FOOT FROM L TOE WITH R TOE TURNED DOWN, HEEL UP) (ct. 1 and). HOP AGAIN ON L, TOUCH R TOE IN FRONT OF L TOE, R KNEE TURNED OUT (ct. 2 and). HOP AGAIN ON L AND KICK R DIAGONALLY FWD (ct. 1 and) STEP R BESIDE L (ct. 2 and). REPEAT BEGINNING WITH L.

Continued...

MEASURES

9-12 REPEAT MEASURES 1-4 MOVING TO THE L. RETURN TO ORIGINAL POSITION AND FACE PARTNER. ARMS ARE FOLDED AND HELD AT SHOULDER HEIGHT THROUGHOUT ENTIRE FIGURE.

10. POLKA, SKIP AND POSE.

3-4 IN SHOULDER-WAIST POSITION, TAKE 4 POLKA STEPS TURNING CLOCKWISE AND TRAVELING COUNTERCLOCKWISE. FINISH POLKAS IN SINGLE CIRCLE, W FACING PARTNERS, R HANDS JOINED HIGH, L HANDS ON HIPS.

5-8 W TURN CW UNDER ARCH FORMED BY JOINED R HANDS AND MAKE ²~~TWO~~ TURNS WITH 4 POLKA STEPS (R, L, R, L,) PROGRESSING COUNTERCLOCKWISE IN CIRCLE.

9-11 JOIN L HANDS IN FRONT AND R HANDS AT W R WAIST, MAKE ONE COMPLETE CW CIRCLE WITH SIX SKIPPING STEPS, BEGINNING R (ct. 1 and, 2 and, 1 and, 2 and, 1 and, 2 and).

NOTE: W TURN BACKWARD ON THE SKIP, M FORWARD.

12 M TWIRLS W TO R, KEEPING L HANDS JOINED. DROP R HANDS WHICH GO INTO HIGH ARC AS THEY FINISH POSE WOMAN ON OUTSIDE FACING M WHOSE BACK IS TOWARD CENTER.