

## Bohemian National Polka

(Bohemia)

Bohemian National Polka has a choreography that shows the steps and forms of the original "National Style" of polka from Bohemia, ca. 1830s. The original research was done by František Bonuš and resulted in a choreography he used for his performance group, "Beseda." With Professor Bonuš' permission, Richard Powers simplified the dance so more folk dancers can enjoy it. This description follows the presentation by Mr. Powers at the 1990 University of the Pacific Folk Dance Camp.

CASSETTE: Vintage Dances for Stockton 1990 Side A/1. 2/4 meter

FORMATION: Ptrs facing with M back to ctr. Inside hands (M R, W L) joined. Knuckles of M L hand on L hip; W R hand down at side or holding skirt down at side. When either hand is free, M knuckles are on hips, W hands are at sides.

STEPS and Czech Polka (1 to a meas): May be danced in any direction. Step on L in  
STYLING: designated direction (ct 1); step on R beside L (ct &); step on L (ct 2);  
hop on L (ct &). Step alternates.

Rock (1 to a ct): Step (or shift wt) onto indicated ft, leaving the other ft where it was (unless otherwise instructed).

Chassez (1 to a meas): Step sdwd on L (ct 1); step on R beside L (ct &);  
step sdwd on L (ct 2); hold (ct 3). Step alternates. Steps are low and close to floor.

Pivot Step (2 to a meas): Step on full ft with knee relaxed and ankle flexed (ct 1); raise heel from floor, straightening knee and ankle a bit while turning in the indicated direction on the ball of the ft (ct &); repeat exactly on other ft (cts 2,&). There is a deliberate down-up motion with each step. Could be thought of as a modified step-hop.

Polka Tremblante (1 to a meas): May be danced in any direction. Steps are small and bouncy, danced mostly on the balls of the ft. Hop on R (upbeat of preceding meas); step on L, bouncing down and up (ct 1); step on R near L, bouncing down and up (ct &); step on L, bouncing down and up (ct 2). Step alternates.

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MUSIC	2/4 meter	PATTERN
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### Measures

4 meas INTRODUCTION On meas 3 and 4 honor ptr (see meas 3 and 4 of concluding bow), and turn to face LOD (CCW). Extend joined hands fwd about chest level.

#### I. PROMENADE

1-2 Beg outside ft (M L, W R), dance 2 Czech Polkas fwd in LOD.

3 Beg outside ft, walk fwd 2 steps in LOD (cts 1,2).

- 4 Rock fwd onto outside ft while acknowledging ptr (ct 1); Rock bkwd onto inside ft, bringing outside ft back twd toe of inside ft (ct 2).
- 5-12 Repeat meas 1-4 twice.
- 13-15 Repeat meas 1-3.
- 16 With 2 steps, M lead ptr to face him. End with M L and W R shldr twd ctr. M place R hand at W back just above waist and L knuckles on hip. W place L hand at base of M neck and R hand down at side.

## II. IN TOWARD CENTER AND OUT

- 1-2 Beg M L, W R Chassez sdwd twd ctr and back. At the end, turn 1/4 CW as a cpl so M has his back to ctr (meas 2, last ct &).
- 3-4 Beg M L, W R dance 2 Czech Polkas making a 3/4 turn CW while moving in LOD. End with M facing LOD, M L and W R shldr twd ctr.
- 5-8 Repeat meas 1-4.
- 9-10 With M L, W R hands joined (closed ballroom pos), repeat meas 1-2. End with M back to ctr.
- 11-12 Beg M L, W R dance 4 Pivot steps making a 1 3/4 turn CW while moving in LOD. End with M facing LOD, M L and W R shldr twd ctr.
- 13 Chassez sdwd twd ctr.
- 14 Stamp M R, WL ft (no wt) looking down over shldr twd stamping ft (ct 1); hold (ct 2).
- 15 Beg M L, W R Chassez sdwd away from ctr. At the end, turn 1/4 CW so M has his back to ctr (last ct &).
- 16 Stamp M L, W R ft (no wt) looking down at stamping ft (ct 1); hold (ct 2).
- 17-18 Beg M L, W R dance 2 Czech Polkas making 1 CW turn while moving in LOD.
- 19-20 Releasing ptr, each make a small circle, M turning CCW, W CW with 4 steps (1 to a ct). Hands free at sides. At end, rejoin in closed ballroom pos with M back to ctr.

## III. PIVOTS AND POLKAS

- 1-2 Beg M L, W R dance 2 CW turns while moving in LOD with 4 Pivot Steps.
- 3-4 Continuing, dance 1 CW turn while moving in LOD with 2 Czech Polkas.
- 5-8 Repeat meas 1-4 but make only a 3/4 CW turn on meas 7-8. End in a single circle with ptrs facing and M facing LOD. Release ptr. M put hands on hips; W hands down at sides.



IV. REDOWAČKA (ray-doh-VAHTCH-kah)

- 1 Moving in LOD, dance 1 Czech Polka while pointing L shldr twd ptr.  
Beg M L, W R. W move bkwd in LOD.
- 2 Still moving in LOD, dance 1 Czech Polka while pointing R shldr twd ptr.  
Beg M R, W L.
- 3 Facing ptr, M walk fwd L,R in LOD; W walk bkwd R,L in LOD (cts 1,2).  
Walk without twisting shldrs.
- 4 M: Keeping R ft in place, step fwd onto L ft while pointing L shldr twd ptr.  
(ct 1); Rock bkwd onto R ft, L shldr still twd ptr (ct 2).  
W: Keeping L ft in place, step bkwd onto R ft while pointing L shldr twd  
ptr (ct 1); Rock fwd onto L ft, L shldr still twd ptr (ct 2).
- 5 Moving in RLOD (CW), dance 1 Czech Polka while pointing R shldr twd ptr.  
Beg M L, W R. M move bkwd in RLOD.
- 6 Still moving in RLOD, dance 1 Czech Polka while pointing L shldr twd ptr.  
Beg M R, W L.
- 7 Facing ptr, M walk bkwd L,R in RLOD; W walk fwd R,L in RLOD (cts 1,2).  
Walk without twisting shldrs.
- 8 M: Keeping R ft in place, step bkwd onto L ft while pointing R shldr twd  
ptr (ct 1); Rock fwd onto R ft, R shldr still twd ptr (ct 2).  
W: Keeping L ft in place, step fwd onto R ft while pointing R shldr twd  
ptr (ct 1); Rock bkwd onto L ft, R shldr still twd ptr (ct 2).
- 9-10 In closed ballroom pos and moving in LOD, repeat ftwk of meas 1-2. M L, W R  
shldr is twd LOD on meas 9; M R, W L shldr is twd LOD on meas 10.
- 11-12 Beg M L, W R dance 2 CW turns moving in LOD with 4 Pivot Steps.
- 13-14 Repeat meas 9-10.
- 15 Dance 1 CW turn moving in LOD with 2 Pivot Steps. M end facing LOD.
- 16 M: Step L,R (cts 1,2) in place while turning W once CW under raised joined  
hands (M L, W R).  
W: Step on R (ct 1); touch L (no wt)(ct 2) while making 1 CW turn. Actually,  
any combination may be danced that gives a L ft free.  
Ptrs end facing in a single circle, M facing LOD. M hands on hips, W hands  
at sides.

NOTE: When originally introduced in 1988, this sequence differed thusly:  
Meas 1-4 Danced twice (M fwd, W bkwd)(8 meas).  
Meas 5-8 Danced twice (M bkwd, W fwd)(8 meas).  
This pattern and the one just described (Fig IV) are not compatible on a  
crowded dance floor so a traffic problem can exist.

V. CHASSEZ AND POLKA TREMBLANTE

- 1-2 Chassez sdwd to own L and back to R. Both beg L ft.
- 3-4 M: Beg L, walk fwd in LOD 4 steps (1 to a ct) following ptr. Clap on each step.  
W: With 2 Polka Tremblante steps (begin with hop on R) dance a CCW circle moving in LOD. End facing ptr.
- 5-8 Repeat meas 1-4.
- 9-15 M: Kneel on one knee (either one) and clap 14 times (1 to a ct) while watching ptr.  
W: Beg with hop on R, dance 7 Polka Tremblante steps. Make a 3/4 CCW circle around M turning CW or CCW if desired.
- 16 M: Rise with back to ctr while clapping once more (15 claps in all)(ct 1); hold (ct 2).  
W: Facing ptr, step R,L (cts 1,2).
- 17-20 In ballroom pos repeat Fig II, meas 17-20 (one CW turn with 2 Czech Polkas and turn away from ptr). End with inside hands joined and facing in LOD.
- 44 meas Repeat Fig I, II, III. On Fig III, meas 7-8 make a full CW turn to end with ptrs facing, M back to ctr.

VI. BOW

- 1 Keeping M L, W R hands joined, step away from ptr.
- 2 Stand tall and look at ptr.
- 3 W plie and M incline upper body fwd.
- 4 Return to erect posture.