

DOUDLEBSKA POLKA
Czechoslovakian Folk Dance
RECORD FOLK DANCER MH 3016

Doudlebska Polka

FORMATION: The dance may be done either in one big circle or several smaller circles scattered around the floor. Couples, Lady to Right of Man.

PART 1: Ballroom position. Couples do a regular polka around room. This should be a rather heavy two-step type polka (step-together-step). With very young people or those who are beginners, a Varsoviene or skater's position may be substituted for the Ballroom position.

PART 2: Men put their R arm around Lady's waist as they stand side by side, Lady to R of Man, facing counterclockwise. Lady puts her L hand on Man's R shoulder. The men now put their L hand on the shoulder of the Man ahead of them. This closes up the circle. Make sure that couples all move sideways to center to catch up with couple ahead to save time. Now in this position, all march forward around the ring and sing loudly, la, la, la, etc. This takes 32 walking steps

PART 3: Men face center and Ladies drop behind partners. Ladies face clockwise in an outer ring and with hands on own hips polka around the ring, as the man at the same time, clap out a rhythm like this:

Men facing center, clap own hands twice, then extend both hands, palms outwards towards neighbor on each side and clap hands with neighbor's palms once. Repeat this over and over. Pause slightly on count 3: Own, Own, Neighbor, pause...Own Own, Neighbor, Pause, etc.

At the end of Part 3, Men turn around and take whatever Lady is behind them and resume dance from beginning. It will turn out that someone may be without a partner, in which case such person goes to the center of ring ("lost and found department") and meet the other one without a partner. Be sure to emphasize this point in teaching the dance, otherwise some folks will just stay on the outskirts and sit down in despair.

Extra men or ladies can steal into the dance during the Third part. If the group is very large it is better to have dancers make several circles for the promenade.

Encourage singing during the dance.

This is a very popular folk dance with groups all over the world. It was researched by Jeannette Novak and presented for the first time at Folk Dance House in New York City.



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