

"POLISH" POLKA

Although originated in Bohemia in the 19th century, the dance is often associated with Poland. As a matter of fact, Polka is one of the most popular dances here, and each region has its "own" variation of this dance. For recreational purposes, the dance presented here is what the average person identifies as the *Polish Polka*.

The figures described below accommodate the accompanying music, but each time can be improvised just as about every "authentic" dance. ¹(These aren't really the figures. Yet, for the clarity of the description we decided to classify the following sequence as the "figures").

Each figure consists at least one *Polka Step (PS)*, steps forward in LoD in Open Position (OP) which always begin with M-L / W-R, or sideward while changing places with partner, or Pivot (full CW couple turn done with 2 steps). All *PS* are done with bouncy movement on relaxed knees with Right or Left couple turn in LoD. Typically, couple begins each figure in social dance position, with Man back to center.

Figure Meas. Pattern

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|-----|-------|---|
| I | 1-16 | <i>PS</i> to the Right (m.1-8), then Left (9-16) ¹ in LoD. |
| II | 1 - 4 | Woman to Right of partner (OP), both facing LoD with outside arms to side. In meas 1 do two accented steps in LoD; in meas.2-3 do 2 <i>PS</i> with Right turn; meas.4: Pivot in LoD. |
| III | 1 - 4 | Two <i>PS</i> in m.1-2; then 4 steps forward in OP beginning with outside ft (M-L / W-R) in meas.3-4. |
| IV | 1 - 4 | Two accented steps forward in OP, then in 2 nd meas. Man moves to Woman's Right in front of her with 2-step Right turn (W does <i>PS</i>); end with symmetrical hold - Man to the Right of partner = 2 measures
Repeat action of meas 1-2: change places with <i>PS</i> (this time Woman in front of partner with 2-step R turn. |
| V | 1 | Woman back to LoD, Man facing: in Ct.1 both do accented jump on both feet close/together turning body to the Left (thus to the Right of partner then in Ct.2 to - the Right (to partner's Left). |
| | 2 - 3 | Two <i>PS</i> with CW couple turn in LoD (meas 2-3). |
| | 4 | Pivot in LoD |
| VI | 1-2 | Two <i>PS</i> in LoD |
| | 3-4 | Four-Step Pivot in LoD (2 full CW couple turns). |

Suggested progression of Figures:

(The music consists of 6 Parts, 16 measures each)

Part Figure

Intro (2 meas) - no action

Part I: Figure I

Part II: Figure II - 4 times

Part III: Figure III - 4 times.

Transition (2 meas) - 4 regular steps away from partner.

Part IV: Figure IV - 4 times (in meas 1-8), then Figure V - 2 times

Part V: Repeat action of Part IV (Figure IV & V)

Part VI: Figure VI - 2 times (=8 m) do *PS* to the Left (as Part I - meas. 9-16).

Intro (2 meas) - 4 regular steps away from partner.

Repeat action of Parts I - VI.