

POLKA CIĘTA
(Poland)

Polka cięta (POHL-kah CHEN-tah) is a cpl dance in 2/4 time from Podegrodzie 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 (LAH-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; an obvious example of it is the M's costume, which is royal blue like that of the Kraków people, and ornamented with patterns of embroidery similar to that of the Podhale mountaineers.

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" (chonch) -- to cut or to snip, because of a very fast moving step it contains. So maybe Polka cięta could be called "Snappy Polka" in English.

Record: ZM-46729 "Tańce ludowe z Polski - Volume 2," Folk Dances from Poland, side B, band 8, available from Ada Dziewanowska.

Formation: Cpls around the circle in social dance pos, M's back to ctr, W facing ptr; own ft about 10 inches apart, ptr's joined hands (M L, W R) raised above the level of their heads, arms slightly rounded.

Meas

Pattern

INTRODUCTION.

1-2 No action.

I. STAMPS AND SLIDES.

The whole Figure is danced on knees deeply bent.

1 With head turned slightly in LOD, standing M on R ft, W on L ft, torso erect, do a wtless stamp (M L, W R), slightly increasing bend of the supporting leg, toes of the stamping ft facing LOD (ct 1); slightly straighten the supporting leg (ct 2).

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

5-8 Beginning M L, W R, do eight small, accented sliding step-togethers; end with wt on both ft.

9-16 Repeat action of meas 1-8 with opp ftk and direction, except lean slightly in RLOD.



POLKA CIĘTA (continued)

II. TURN WITH THE "CIĘTA" STEP.

- 1-7 Assume shldr-waist pos and beginning M R, W L, turn CW in place with 14 light running steps, thighs vertical and lower legs kicking up in back. Do as many revolutions as possible.
- 8 Do one more running step (ct 1); jump, landing with both ft close together, knees bent (ct 2).
- 9-16 Repeat action of meas 1-8 (Fig. II), with same ftwk but opp direction; end, releasing ptr, M facing LOD, slightly rounded arms extended to sides and slightly fwd, W facing ptr, hands on own hips, fingers fwd, thumbs back, elbows slightly fwd.



III. CHASING FIGURE.

- M will dance this figure with knees bent and upper body facing LOD.
- 1 M: Standing on L ft, do a wtless stamp with R ft, near other ft (ct 1); do an accented step with R ft fwd and diag to outside (ct 2).
W: Beginning on R ft, do a 1/2 CW turn with a small flat polka step, keeping eye contact with ptr as long as possible.
- 2 M: Repeat action of meas 1 (Fig. III) with opp ftwk, stepping fwd and diag to inside.
W: Repeat action of meas 1 (Fig. III) with opp ftwk.
- 3-16 Repeat action of meas 1-2 (Fig. III) seven more times (16 stamp-steps for M and 16 polka steps for W, in all).
W: End with no wt on L ft. (M may clap his hands on ct 1 of meas 1, 5, and 9.)

IV. TURN WITH "CIĘTA" STEP.

- 1-16 Repeat action of Fig. II.

Dance introduced in 1977 by Ada and Jaś Dziewanowski, who learned it in Poland from Jacek Marek, a teacher of Polish dance. Do not reproduce these directions without their permission: 41 Katherine Road, Watertown, Mass. 02172, tel. (617) 923-9061.

Presented by Ada and Jaś Dziewanowski

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