

~ Polka cięta ~

Pronunciation: POHL-kah CHEN-tah

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

Polka cięta is a couple 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 man'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.

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

PATTERN

Measures

INTRODUCTION

1-2 No action.

I. STAMPS AND SLIDES

The whole Fig 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) near the other ft, toes of the stamping ft facing LOD, slightly increasing bend of the supporting leg (ct 1); slightly straighten the supporting leg (ct 2).
2-4 Repeat action of meas 1 three more times (4 wtless stamps in all).

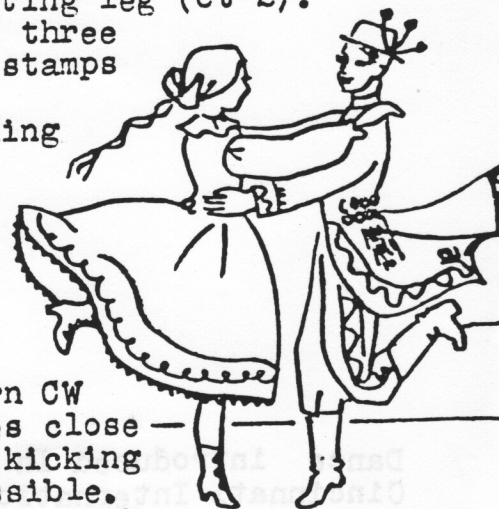
5-7 Beg M-L, W-R, do sdwd 6 small, accented sliding step-together's, moving in LOD.

8 Dance one more step-together (ct 1&) and one step-hold (M-L, W-R) (ct 2&).

9-16 Repeat action of meas 1-8 with opp ftwk and dir; lean slightly in RLOD.

CHORUS: TURN WITH THE "CIĘTA" STEP

1-7 Assume shldr-waist pos and beg M-L, W-R, turn CW in place with 14 light running steps, knees close tog, thighs vertical, and free 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).



(cont.)

CHORUS (cont.)

- 9-16 Repeat action of meas 1-8 (Chorus) with same ftwk but opp dir; end, releasing ptr, M facing LOD, slightly rounded arms extended to sides and slightly fwd, palms up; W facing ptr, hands on own hips, fingers fwd, thumbs back, elbows slightly fwd.

II. CHASING FIGURE

M: dance this Fig with knees bent and upper body always 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: beg R ft, do half-a-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 II) with opp ftwk, stepping fwd and diag to inside. W: repeat action of meas 1 (Fig II) with opp ftwk.
- 3-14 Repeat action of meas 1-2 (Fig II) six more times.
- 15 Repeat action of meas 1 (Fig II) (15 stamp-steps for M, in all).
- 16 M: do 2 accented steps (LR) fwd to "catch" ptr; W: dance one more polka step in place (16 polka steps for W, in all).

During this Fig, M may occasionally (f.inst., on ct 1 of meas 1, 5, and 9) do a large scissors clap.

CHORUS

- 1-16 Repeat action of Chorus, but end in the Formation pos.

Repeat dance from the beginning.



Dance introduced in June 1977, at a workshop with the University of Cincinnati International Folk Dancers, 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.