

POLKA KUCANA
(Koo-tsa'-na)

Dance from the Rzeszo'w region. This dance was learned from Edward Wawrzyniak.

Music: LTN 2

Formation: Cpls in a circle.

This is a typical Rzeszo'w turning dance, consisting of 2 parts, the turning step and the rest step, done ad lib, although it is preferable to begin the turn at the beginning of a musical phrase.

Turning Step

There are 2 hd holds. The more simple is the ordinary closed ballroom posn with the joined hds out to the side. The 2nd is the more typical Rzeszow posn with the M R arm around his ptr's waist and his L hd jammed into his L hip, holding the W R wrist. Either is acceptable; however to do the variation on the turn it is necessary to use the closed ballroom posn. Music is in a six-count phrase. Stay on bent knees.

M Part

- Count 1. Step fwd in LOD on R ft between ptr's legs
2. Pivot $\frac{1}{2}$ turn CW on L ft
3. Pivot $\frac{1}{2}$ turn again on L (go more into plie) and lift lower R leg in a ronde de jambe (small circle) to touch the back of the lower L calf. You should be facing LOD.
4. Step fwd on R ft between ptr's legs.
5. Pivot $\frac{1}{2}$ turn CW onto L ft.
6. Pivot $\frac{1}{2}$ turn further by dropping onto both ft, facing LOD (ct 6) W Part - Opp of M's and not done as strongly, that is, dip is done softly.

1. Step back in LOD on L ft.
2. Pivot $\frac{1}{2}$ turn on R ft between ptr's legs.
3. Pivot $\frac{1}{2}$ turn again on R ft, keeping lower L leg in air, behind. Face RLOD.
4. Step back onto L leg.
5. Pivot $\frac{1}{2}$ turn CW onto R ft.
6. Pivot $\frac{1}{2}$ turn further by dropping into plie on both ft
Variation for M: On ct 6, M may drop into full plie (squat step), with knees together.
Turn is continued to end of phrase or until either party tires.

Rest Step: Usual light Rzeszow running step, 1 bounce to a ct of music, with any desired variations such as hd wave, turns with ptr, turns without ptr, etc.

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North Country Folk Dance Camp

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