

# Polka Podlaska

Pronunciation: POHL-kah pohd-LAHS-kah

Record: ZM-46729 "Tańce ludowe z Polski, Volume 2" (Folk Dances from Poland), side A, band 9, available from Ada Dziewanowska.

Polka Podlaska is a couple dance in 2/4 time from the county of Biała Podlaska in the Lublin region in east Poland. It comes from Terespol, which is situated very close to the border of Byelorussia. The tune has been notated in 1946 by Zygmunt Todys and the dance researched by Wanda Kaniorowa, a noted specialist of the Lublin region. In its original form, the beginning of the dance was done separately by men and women, who were gathered in two groups near opposing walls of the room. The groups would come toward each other, bow, and then exchange places. In their new places they would dance various figures. Only toward the end of the dance couples would dance together.

The tune of Polka Podlaska is composed of two 8-measure parts. During melody A, like a chorus, one always dances the same figure; melody B accompanies several different figures. This pattern corresponds more or less to the old way the dance was done. Although the dance is called a polka, it does not contain the polka step.

## Steps and Styling:

Skipping Step (2 per meas): beg R ft, a small skip step done close to the ground lifting L knee slightly. Repeat of Step is done with opp ftwk.

Przytup [PSHIH-toop] done on the 4th and 8th meas of each phrase, except in Fig IV: small leap onto R(L) ft, while bowing by bending fwd from waist, torso straight, and bending knees maintaining stance, do 2 stamps L,R (R,L) (cts &, 2); begin straightening from bow (ct &).

## Formation:

Cpls around the circle, facing LOD, hands joined in skater's pos. Except for Fig IV, beg Chorus and each Fig with R ft, and on meas 4 dance 1 Przytup (RLR), and on meas 8 dance 1 Przytup (LRL).

## Measures

## PATTERN

INTRODUCTION  
1-2 No action.

Mel A: CHORUS: SKIP

- 1-3 In skater's pos, looking at ptr, move in LOD with 6 Skips.
- 4 Dance Przytup, changing dir by making a 1/2 turn twd ptr on ct 1 (M-CW, W-CCW).
- 5-7 Move in RLOD with 6 Skips.
- 8 While dancing Przytup face ptr by making a 1/4 turn (M-CCW, W-CW), during the bow release ptr and open your arms to sides at waist level, palms fwd.

Mel B: I. DO-SI-DO (Okraź partnera - OH-kronsh pahr-TNEH-rah - make a circle around ptr)

- 1-3 Cross own arms in front (place one hand on the biceps of the other arm, arms parallel to floor) and, facing M-out of circle, W-into circle, use 6 Skips to make a CW circle around ptr, beg passing ptr by the R shldr; end in the starting pos.
- 4 Dance Przytup opening your arms to sides during the bow (as in meas 8 of the Chorus).
- 5-7 Repeat action of meas 1-3 (Fig I) with opp ftwk & dir.
- 8 Repeat action of meas 4 (Fig I).

(cont.)



Mel A: REPEAT CHORUS

Mel B: II. HOOK ELBOWS (Haczyki - hah-CHIH-kee - hooks)

- 1 Clap own hands with a large slicing motion, hook R elbow with ptr, extend L arm diag up, palm up, and beg a CW turn with 1 Skip(ct 1); continue a CW turn with 1 more Skip (ct 2).
- 2-3 Complete one full CW turn with 4 more Skips (6 in all).
- 4 Repeat action of meas 4 (Fig I).
- 5-8 Repeat action of meas 1-4 (Fig II) with opp arm pos, ftwk, and dir.



Mel A: REPEAT CHORUS, except while dancing Przytup on meas 8, do not release ptr and do not bow, but make a 1/2 turn (M-CCW, W-CW) to face LOD, and raise joined R hands over W's head, leaving joined L hands at waist level.

Mel B: III. TURN WITH PARTNER (Okienka - oh-KYEN-kah - little windows)

- 1-3 Cpl: with 6 Skips make a full CCW turn in place.
- 4 With the 3 steps of the Przytup move to the other side of ptr (omitting the bow), ending with joined L hands raised over W's head, and joined R hands at waist level.
- 5-7 Repeat action of meas 1-3 (Fig III) with opp ftwk and dir.
- 8 Repeat action of meas 4 (Fig III), except bring the joined hands down, ending in skater's pos.



Mel A: REPEAT CHORUS, except W make final stamp (L) wtless.

Mel B: IV. WALK AROUND PARTNER (obejdź partnera - OH-beydz pahr-TNEH-rah)

- 1-3 Place hands on own hips, fingers fwd thumb back, and facing LOD, walk CCW around ptr with 6 steps (2 per meas), M beg R ft and starting in back of W, and W beg L ft and starting in front of M. Both step: (1) side, (2) cross in front, (3) side, (4) M: step fwd while W: step bkwd, (5) cross in front, (6) drop sideways away from ptr, bending knee sharply (M-L, W-R) and lean slightly fwd, looking at ptr.
- 4 Maintaining pos, clap hands 3 times (cts 1,&,2); hold (ct &).
- 5-8 Repeat action of meas 1-4 (Fig IV), except circle CW around ptr, therefore M: start in front of W and step bkwd on 4th step, while W: do the opp.

Repeat dance from the beg.

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Dance introduced in August 1978, during the First National Festival for the Polish-American Ensembles, held at Oakland University, Rochester, Mich., and in September 1978, during the Polish Folk Dance and Folklore Week at the University of Alaska in Anchorage, by Ada and Jaś Dziewanowski, who learned it in Poland from Ryszard Kwiatkowski, noted Polish folk dance authority. Do not reproduce these directions without the Dziewanowskis' permission.