

POLKA TRAMBLANKA

Polka-Mazurka from Opoczno. This dance was learned from Mieczysław Piwkowski of Mazowsze and from the Opoczno-Cepelia Ensemble of Opoczno.

Music: LTN 1 or Mazowsze Vol. 3, Monitor (omit part VIII) M 362 or Muza XL 0142

Basic Step: Light running, bouncy step; travel fwd' slightly. Do not kick ft. back.

Words:

Part I Oj, zagrajta nam poleczke, poleczke, poleczke,
Oj, potancujem troszeczke,
Oj, potancujem troszeczke,
Oj, zagrajta nam poleczke,
Oj, potancujem troszeczke.

Part II Dobra poleczka, bo skoczna, bo skoczna, bo skoczna
Ale najlepsza z Opoczna,
Dobra poleczka bo skoczna,
Ale najlepsza z Opoczna,
Dobra poleczka bo skoczna.

Part III Oj, dobry dzbanek i szklanka, i szklanka, i szklanka
Ale najlepsza tramblanka,
Ale najlepsza tramblanka,
Oj, dobry dzbanek i szklanka
Ale najlepsza tramblanka.

Part I Basic Step

Measure Cpls in open mazur posn, facing LOD; free arm bent 90°, held close in at waist; make fist, with thumb up.

1 Accent arm back, look at ptr, take step on outside ft (ct1)

Arm in, take step on inside ft (ct 2)

Arm back, take step on outside ft (ct 3)

2 Keep alternating cts 2 and 3 (3 times)

3-10 Repeat meas 1 & 2, 4 times.

11 Same as meas 1, but begin ½ turn CCW.

12 Stamp, stamp facing RLOD.

Part II Repeat basic step in RLOD, finishing facing LOD.

Part III Closed ballroom posn, ML, WR arm extending in LOD, below shoulder level.

1-2 Travel LOD; look at ptr, and tilt head in LOD, doing 3 basic steps.

3-4 Bend lower arms at elbow toward self and tilt head back; continue to travel in LOD doing 3 basic step.

5-8 Repeat 1-4

9-10 Same as 1-2

11 Same as 3 but start ½ turn CCW.

12 Stamp, stamp facing LOD; bend arms in as in meas 3-4.

continued -

Syllabus

AS PRESENTED BY Morley Leyton

Part IV Repeat Part III in RLOD.

Part V Polka-Mazurka Step. Same posn as in III; arms out to side.
1 Dip onto fwd (outside) ft in LOD (ct 1) Step down onto inside ft, close to outside ft (ct 2)
2 Hop on inside ft, while bringing outside ft close behind ankle, but off the ground (ct 3).
3-4 Repeat 1-2 in LOD but on opp ft.
5-8 Repeat 1-4
9-10 Same as 1-2
11 Same as 1
12 Stamp, stamp

Part VI Repeat V in LOD. Part VII-VIII Same as I-II. (omit Part VIII if using Mazowsze recording).