

## Polonez - Poland

Couples in a double circle facing LOD. M to the L of, and slightly behind the W. L hands are joined and extended forward at about shoulder height. M R arm is extended out behind W shoulder, but not touching it. W R hand is holding skirt at side. Meter 3/4.

### Measure Count Step

- |   |     |   |
|---|-----|---|
| 1 | 1-3 | Step forward on R foot (1), step forward on L foot (2), step forward on R foot with a slight bend of the knee, while brushing the L foot forward.   |
| 2 |     | Repeat measure 1 with opposite footwork.  |
| 3 |     | Repeat measure 1.   |
| 4 |     | W repeat measure 2. M repeat measure 2, but stepping backwards towards center of circle. At the end of the measure, M should be facing RLOD and W should be facing LOD.                   |
| 5 |     | Repeat measure 1.   |
| 6 | 1-3 | Step forward on L foot (1), step forward on R foot (2), Point L toe and shoulder at partner (3). At this point, partners should have changed places so that M faces LOD and W faces RLOD. |
| 7 |     | M repeats measure 1, crossing in front of W. W takes three steps to turn to R backing under joined hands, and ending facing LOD.  |
| 8 | 1-3 | Step on R foot in place (1), step on L foot in place (2), stamp R foot next to L foot without taking weight (3).  |

- [Main Menu](#)
- [Folk Dance Index by Country](#)
- [Folk Dance Index - P](#)

*Bob Shapiro*

*(785) 286-0761*

*rshapiro11@cox.net*

*Copyright © 2002, Robert B. Shapiro*

*URL: <http://www.recfd.com/>*