

P O L Y A N K A
A Russian Peasant Dance

Music : Kismet Record 129

Formation: Double Circle - Partners facing - ladies in - men out.

Fig. 1.

LADIES: Move towards P. with exaggerated Polka, slightly dipping, beginning R heel fwd. toe up, slide back to R, step R. Repeat L, Repeat R. Stamp slowly L, R turning L shoulder to P. (On each polka step the corresponding arm sweeps high in an arch, opposite hand on hip.) Moving away from P to R, 3 push steps, R arm arched high; turn R to P on 2 steps L, R & continue away from P 3 push steps to L, L arm arched high; face P on 2 stamps R, L.

MEN: Fists on hips, stamp R heel in place to music, bending knees slightly, count "and 1 and 2 etc. bend knees on & and stamp on the count.

Fig. 2

Ladies & Men: L arm arched high, R hand on hip - brush R fwd, brush R bkw, & kick R fwd, bending L knee & shuffling L; complete 3 polka steps beginning R, making a small circle to the R, arms fwd, at slight angle, palms up; pass Ls with P & end facing P, bringing hands to hips at end - Repeat fig. 1.

Fig. 3

LADIES L hand on hip, R arm sweeps back; R polka back, slightly turning; step L back of R & point R fwd, bowing low toward P, sweeping R arm in an arc from the heart toward the R ft. Progress toward P bending L knee, scuff L & kick R fwd. Repeat 3 times (4 times in all) Arms fwd at angle turning arms in time with the steps. Repeat figure exactly except at end - do only 3 scuff kick steps & end stamping R, L, slowly.

MEN: Facing P. prysiadka & kick to L, R arm high, repeat to the R; turn in a small circle to the R on " double-heel steps; fists on hips; repeat fig. beginning R & turning L. - end facing P; R hands joined & held high.

Fig. 4

PAST PART

Ladies: Progressing back out of the circle, turn R under joined R hands with 4 polka steps turning 2 times. Facing P, R hands still joined, return to place with 8 quick short cut steps, R ft. fwd.

MEN: Following P out of the circle (R hands joined) 4 polka steps fwd, starting R. Return to place with 8 Russian step steps. Repeat.

Fig. 5

LADIES & MEN: Parallel to circle, 8 push steps R, turn once in place to R. Ladies on 8 jump steps, beginning weight on L & R heel fwd. & to the side, alternating on each jump. Men on 4 quick prysiadka rising on heels. Return to original place on 8 push steps L, single turn to L in place beginning weight on R ft. L heel fwd, alternating. In this fig. arms are outstretched on push steps. Ladies flutter hands, on jump turns ladies have hands high overhead, continuing the fluttering motion. At end of fig. Partners are facing about 4 ft. apart.

Continued...

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POLYANKA - continued.

Fig. 6

LADIES & MEN Arms hanging loosely at sides, do 2 polkas fwd. towards each other R¹ L, return to place on 2 polkas, R¹ L, passing Rs do-si-do on 8 shuffling steps. Repeat polkas, fwd. & back & do-ci-do L shoulders.

Fig. 7

LADIES & MEN ; Partners facing, inside hands joined - progress c.w. Turn away from each other 1 complete turn with 2 polka steps, sweeping joined hands down & fwd. to break; repeat twice (3 in all) Facing, each jump to R on both feet & jump L back to place. (on these jumps, hands swing back freely to balance) Joining R elbows, L arms high, leaning back, polka 8 measures turning & end facing as in beginning of fig. Repeat entire fig. but polka L at end, L elbows joined & R arms high.

Fig. 8

LADIES & MEN; Partners facing, both leap lightly at an angle fwd. & to R on R, step L, R tog. Ls to partner. (on this step, ladies bend bk. with arms outstretched). Men's hands outstretched but down at sides palms fwd. Leap back to place on L, step R, L tog. bringing hands to hips. One solo turn R in place with 4 buzz steps, men's hands on hips, W's R arm high. Repeat starting L at L angle, Rs to P, 1 solo turn L - end facing P. Step fwd. R beside partner's R, R arms around P waist, L arms high, hop R turning R, L leg out to side - (a 16 ct. turn) Men place women in original position at end.

Repeat entire fig. starting L, couple turn at end of this fig. hop on L turn L with R leg extended at side, finish with partners facing as at begin.

Fig. 9

LADIES: Dance 4 toe slide steps to R (start feet tog. turn toes to R, slide heels to R, 2 cts. for each toe-heel slide.) Hop L, touch R toe to side. Hop L & kick R, step R beside L, repeat toe-toe-kick step starting L. Return to original position with 4 slide steps to L to face L. During this fig. arms are folded across chest.

MEN: In groups of 6, men polka to their L, arms outstretched, & turn on 4 polka steps L, R, L, R to form a L hand star. In L star position, prysiadka 4 times, kicking R fwd. & to the side. Break star & polka 4 steps to pos. facing partners.

Fig. 10.

Ladies & Men ; Shoulder waist position, polka 4 steps c.w. ending with W facing in. R hands joined, W turn under joined hands, 2 times with 4 polka steps, while men walk, stamp, in time progressing c.w. Joining L hands in front & R hands at women's R hip, make one complete turn with 6 skipping steps W fwd, M back. End dance twirling, W R, holding joined L hands, R arms high. Pose.

Presented by Walter Grothe.