

CEBULKA
Rzeszów region, SE Poland

Pronunciation: Tseh-bool-kah, means "The Onion".

Record: LTN 1001, Z Okolic Rzeszowa, Side 2, Band 5.

Formation: Cpls facing LOD, W to R of M, open shoulder waist pos. Free hd does Rzeszów-style hd wave.

Meter: 3/8

Basic step: Smooth running step. Steps are small, always travel fwd, one step per ct.

Source: Learned from Alicja Haszczuk, Opole, Poland, 1979.

Pattern: The dance may be done to the leader's call without regard to the musical phrasing or dancers may change figures at the end of each musical phrase (every 8 meas).

I. Travel fwd

Basic step fwd in LOD. Outside hd raised on diagonal and does Rzeszów-style hd wave. When leader calls "odwrotna" (ohd-vroht-nah, meaning "change"), do 3 stamps turning inward twd ptr to face RLOD in reverse open pos. Do basic step in RLOD until leader calls next change.

II. "Młyneczek" (mwin-eh-chek - "small mill") - Open Position Turn

In open shldr-waist pos (with W to R of M), turn CW in place. M moves fwd, W bwd. Bend slightly fwd, lean away from and look at ptr, wave free hd. When leader calls change, do 3 stamps as M switches W to his L side, then turn CCW (M continues to move fwd, W bwd).

III. Couple Turn

In shldr-shldr blade hold (and turned slightly R side to R side), turn CW with the basic step. When leader calls change, do 3 stamps to change to L side pos, and turn CCW.

Presented by Alana Hunter