

ŁĘCZYCKA POLKA

(When-chits-kah Polka) Heel-&-Toe Polka

MUSIC: Record: BRUNO H1-F1 BR 50137, Side A, Band 1
MUZA H1-F1 M45 NP11, Side B, Band 1.

STARTING POSITION: Circle of cpls, M facing LOD, in social dance pos, with alternative pos for extended arms.
Alternative pos: 1) Normal social dance pos with W's R & M's L arms extended straight outward.....OR
2) Normal social dance pos, but W's R & M's L arms are bent, with hands reaching above head level, & W's R elbow in front of M's L elbow & touching it.

MUSIC: 2/4; TEMPO: Moderato PATTERN

Meas

8

INTRODUCTION:

1-2 M: Ct 1 Extend R heel to R, touching it to floor. At the same time, hop on L ft.
Ct 2 While hopping on L ft once more, bring R ft back, touching R toe beside L ft.
Ct 3 Take a side step with the R ft to the R.
Ct & Close the L ft to the R ft.
Ct 4 Take another side step with the R ft to the R.

W: Same steps, but with opp ftwk.

3-4

Twd ctr of circle, do 2 side-steps & stamps.

Ct	1	2	3	4
	side-step	close	side-step	close
<u>M</u>	L	R	L	R
<u>W</u>	R	L	R	L

5-8

Repeat Meas 1-4, but with opp ftwk & in opp direction.

9-12

Progressing in LOD, turn twice CW with 4 polka-steps.

13-14

M's L arm & W's R arm (joined) are raised above head level; M's R arm & W's L arm are on own hips. W with 2 polka-steps makes one complete CW turn while progressing LOD. M follows her with 2 polka-steps fwd in LOD.

15-16

All have both hands on own hips.

W: Make 1 complete turn CW with 2 polka-steps, proceeding in LOD.

M: Knees bent, go bkwd (RLOD) with 6 small stamps to meet new W.

Repeat dance from beginning as many times as desired, each time with a new ptr.

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Presented by Jan Sejda
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