

POLKA DZWON - The Bell Polka
(polka dzwun)

The dancers form a bell shape for a moment if they all execute the turn step properly.
This dance was learned from Edward Wawrzyniak.

Record: Z Okolic Rzeszowa, LTN 1001 B, band 8, LTN 3.

Formation: Cpls scattered around circle, Parts I and II are done at will, but Part I should start at beginning of musical phrase.

Part I TURNING STEP

- Same hold as Polka Przez Noge, Part I. M faces RLOD.
- 1 Begin $\frac{1}{2}$ turn CCW, step on M L, W R (ct 1).
Step on M L, W R, completing $\frac{1}{2}$ turn. Lean whole body all the way twd the ctr, while pointing the free ft high up behind but keeping your knees touching (ct 2).
 - 2 Recover and make $\frac{1}{2}$ turn CCW taking 3 small steps (cts 1 & 2). If all the cpls execute this step simultaneously and do the lean twd ctr and point the free ft, then they will create a bell-shaped figure.

Repeat this to the end of phrase or as desired.

Part II REST STEP

May do same rest step as in Polka Przez Noge, Part II or:

Face ptr, M faces RLOD, W LOD, same hold as Part I. Do flat-footed heavy step-together-steps with bent knees (cts 1, & 2) in LOD. Polka is on full ft and much ground is covered traveling.