

POLKA GACOK  
Poland

Pronounced "Gah'-Tsoak" from the village of Gać.

Music: Z Okolic Rzeszowa, LTN 1001 B, band 2.  
MH 45-4001A

This dance was learned from Edward Wawizyniak and Leokadia Magdziarz.  
It may be found in "Tance Z Okolic Rzeszowa" by Narkowska. CPARA 1967.

Cpls facing LOD, Varsouvienne pos.

Polka steps are done smoothly with NO BOUNCE and traveling.

PART I

- 1-7 Do 7 polka steps fwd. M and W both begin L. Step, together, step.  
8 Without releasing hds, both turn CW to face RLOD. Keep L arm higher than R. Stamp R (ct 1), stamp L ft (ct 2).

PART II. THE WINDOWS

- Look at your ptr throughout this part.  
1 Stamp R twice (cts 1,2). M sings "Hop, Siup," ("Hope, Shoop") the same time as each stamp.  
2 Turn CCW in place to face LOD. Keep R arms higher than L. W sing "Tra-la." (TO TURN, PUT WT ON STAMPING FT & PIVOT ON IT)  
3-4 Repeat meas 1-2 with opp ft and arms, and turn in opp direction. Continue singing for rest of step.  
5-6 Repeat meas 1-2.  
7-8 Stamp L twice, then release hds and turn W CW to closed ballroom pos.

PART III.

- 1-8 Do 8 polka steps in LOD, turning CW, finish with M back to ctr.

PART IV

- 1 Stamp M L, W R ft twice (cts 1,2). M sing "Hop, Siup."  
Joined hds point to floor.  
2 ~~Slide, 2, 3~~ <sup>(two-step)</sup> in LOD. W sing "Tra-la."  
3-4 Repeat meas 1-2, except on opp ft, and in opp direction. Joined hds point up.  
5-8 Repeat meas 1-4.

PART V

- 1-8 Same as Part III.

*continued...*

## POLKA GACOK (continued)

PART VI

Closed ballroom pos, M L, W R arm out to side, hds joined.

Stay on one level, knees bent throughout this part.

1 Stamp outside ft twice (cts 1,2). M sing "Hop, Slup."

2 Do 2 pivots in plié, making one turn CW in LOD.

W sing "Tra-la."

3-4 Repeat meas 1-2.

5-8 Repeat meas 1-4.

Dance repeats twice more.

Presented by Morley Leyton