

Polka Piquee de Ploec

(France, Bretagne)

Polka piquee or heel-and-toe polka is very popular in many areas of Brittany. In the Upper part, or north east, they still use the vielle or hurdy-gurdy as opposed to the biniou and bombarde played in Lower-Brittany. Learned from Huguette Bochez, France, 1976 and Triskell in Montreal.

Pronunciation:

CD: Echos de l'Hexagone, Band 14 2/4 meter

Formation: Circle of cpls hands joined in V-pos, all facing in, W on M 's R side.

Steps: Two-step and a heel-and-toe polka.

Meas

Pattern

4 meas INTRODUCTION. No action.

I. SIDE STEP

- A 1 All starting on L ft, touch L heel diag to L (ct 1); point L toe near R ft (ct 2).
 2 Moving in RLOD, dance a two-step sdwd.
 3-4 Reverse meas 1-2.
 5-8 Repeat meas 1-4.

CHORUS: TWO-STEP AND ARM ACTION

- B 1-8 Beginning with L ft, dance 8 two-steps moving RLOD. On meas 1-3-5-7, hands are raised, elbows bent. On meas 2-4-6-8, hands are lowered in an easy, controlled motion.

II. SINGLE FILE

- A 1-8 Release hands and turn to face RLOD in single file. Repeat of Part I moving out of the circle and back to original pos. M put their hands on waist, W hold skirts.
 B 1-8 Chorus

III. AWAY AND TOGETHER

- A 1-8 Release hands and face ptr: M are now facing LOD, W RLOD. Repeat Action of Part I, meas 1-8, each moving to own L. Hands on waist for M, W hold skirt.
 B 1-8 Chorus

IV. HALF TURN

- A 1-8 Ptrs face joining both hands, chest level, elbows bent. Repeat Part I, meas 1-8. On the first two-step, turn halfway around CW, changing places with ptr. On the second two-step, turn CCW to original pos.
 B 1-8 Chorus

Repeat the whole dance once more.

Presented by Germain Hebert