

Presented by Morley Leyton

POLKA PRZEZ NOGE

Pronounced "Polka Pshez No-gah-on" ("on" is like French nasalized "on") which translates approximately to "Polka Over the Legs". However, most dancers in Poland have changed it to "Polka Bez Noge" which translates to "Polka Without Legs".

If I had to pick out a dance which typifies the spirit and character of the dances of this region, this is the dance I would pick. I learned this dance from three different authorities. Edward Wawizyniak of Jarostaw, taught this dance as a peasant would do it, unrefined, without any pretentious airs. Hanna Chojnacka taught it to the students of the ballet school of Warsaw (Szkola Baletowa Panstwowa w Warszawie) with better posture and control, while Leokadia M Magdziarz of Rzeszow taught it with a spirit somewhere between the two.

This dance may be found in both authoritative texts on dances from the Rzeszów region: "Tańce Krosneńskie" by Józef Szmyd, CPARA, 1961

"Tańce Z Okolic Rzeszowa" by Lidia Nartowska, CPARA, 1967.

Edward was Mrs. Nartowska's assistant for 15 years; both authors are now dead.

There are many melodies used for this dance. The words for the one on the record are:

Zapaliły się wiśnie, czereśnie od stońca
Bili się chłopcy o jedną panną bez końca (repeat this line)
Zaczęli bitkę w sobotę wieczór do rana
Przez ciebie jedna dziewczyna biedna płakała (repeat)

RECORD: Z Okolic Rzeszowa, LTN 1001 A, band 1

FORMATION: Cpls scattered in a circle. Parts I & II are done at will, although it is preferred to start I at the beginning of a musical phrase.

2/4

PATTERN

PART I TURNING STEP

The turning steps are all done firmly planted to the ground. The dancers must sit in plie throughout except for count (2&). Also, the step cuts across the musical phrasing.

M face LOD, W face ptr. M R arm around ptr's waist. L hand grips her wrist and is planted firmly on M L hip, or in the small of his back. W L hand ^{RESTS ON} ~~holds~~ M R ^{SHOULDER} ~~arm~~, W R arm straight out, make a fist. Cpl should try to be parallel.

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Polka Przez Noge-continued

- Count 1 Make $\frac{1}{2}$ turn CW, stepping onto M L, W R in LOD
- Count 2 Make $\frac{1}{2}$ turn CW, stepping onto M R, W L in LOD.
M is now facing LOD.
- Count 2& Close in M L, W R approx onto spot other ft
occupied, rising slightly and cutting MR, WL ft
off the floor.
- Count 3 Take long strong lunge in LOD onto MR, WL ft. M's
leg is momentarily straight out before placing wt
on ft.

Transition into step I. The first time the step is done, one extra step must be added at the beginning. The cpl takes the correct hold, M facing LOD and start by taking one step in LOD with MR, WL, and then proceed as above. That is, step LOD MR,WL, pivot(ct1),pivot (ct 2), cut (ct 2&) lunge (ct 3).

PART II REST STEP

Open pos, MR arm around waist, WL hand on M R shldr. Simply run with a light bounce, one step per ct. Many variations are done here ad lib: turn with ptr, turn by self, M jump up and slap L thigh in the air, land and slap floor, do the Rzeszów style hand wave, etc. At the end, in preparation for turning step, stop, M faces LOD and brings W around to face him, assume correct hold and wait for beginning of phrase.