

POLKA PRZEZ NOGĘ
Rzeszów region, SE Poland

Pronunciation: Pshez no-gah'-on. Translates approximately to "Polka Over the Legs". It is also known as Polka Bez Nogę, or "Polka Without Legs".
Record: LTN 1001, Z Okolic Rzeszowa, Side A, Band 1.
Formation: Cpls scattered around room.
Meter: 2/4
Source: Learned from Alicja Haszczuk, Opole, Poland, 1979.

Pattern: The turning step and rest step are done at will, but it is best to start the turning step at the beginning of a musical phrase.

Turning Step

The turning step is done very smoothly, steps planted firmly on the ground, knees bent throughout except on ct 2&. The step cuts across the musical phrasing.

Position: M faces LOD, W faces ptr. MR arm around W waist, his L hd holds her R wrist against his L side. WL hd is on MR shoulder, and her R arm is straight, hd in a fist.

- Ct. 1 Turn $\frac{1}{2}$ CW in LOD, M steps L, W steps R.
Ct. 2 Turn $\frac{1}{2}$ CW in LOD, M steps R, W steps L. M is now facing LOD.
Ct. 2& "Cut" step: Continuing to face LOD, M displaces R ft with L, rise slightly. W faces RLOD, displaces L ft with R.
Ct. 3 Strong lunge in LOD, M fwd on R, W bwd on L. MR leg is momentarily straight before placing wt on it.

Transition into Turning Step

The first time the step is done, one extra step must be added at the beginning. On the beat before a new phrase begins, M steps R, WL in LOD, then continue as above.

Rest Step

Open pos: MR arm around W waist, WL hd on MR shldr. Run in LOD with a light, springy step, one step per count. Free hd may be placed on the hip in a fist, or may do Rzeszów-style hd wave (arm diagonally up, palm fwd, hd shakes). Variations include wheeling CW or CCW with ptr, or turning solo. To prepare for turning step, M brings W around to face him, takes the hold for the turn, and waits for the beginning of a phrase.

Optional transition from rest step to turning step: On rest step, step outside ft on ct 1. At the beginning of a phrase, M steps strongly across in front of W for first step of turn, and takes hold for the turn. W's first step of the turn (on R ft) will be almost in place.

Continued.

Many different melodies are used for Polka Przez Nogę. The words for the tune on the record are:

Zapaliły się wiśnie, czereśnie od słońca
/:Bili się chłopcy o jedną panną bez końca:/
Zaczęli bitkę w sobotę wieczór do ranaa
/:Przez ciebie jedna dziewczyna biedna płakała:/

Presented by Alana Hunter