

# Polka Štěbetalka

(Bohemia, Czech Republic)

A couple dance from Bohemia. The name means “twittering polka.” The Rejšeks also taught this dance at the Dvorana seminar in Jindřichův Hradec, Czech Republic on 10 August 1997, and elsewhere.

Pronunciation: POHL-kah SHTYEH-beh-tahl-kah

Cassettes: *Dances from the Czech Republic, Stockton Folk Dance Camp 2001, Side A/2;*  
*Dvorana Summer Folk Dance Week 1997, Side A/2.* 2/4 meter

Formation: Couples facing in LOD in semi-open position.

Steps and Styling: Gliding polkas are smooth and sometimes done without turns. Free hands are placed on hips with fingers forward.

## Meas

## Pattern

chord

### INTRODUCTION

#### I. POLKA FORWARD WITH TURNS

- 1-2 Dance 2 gliding polkas fwd (LOD), starting with outside ft.
- 3-4 Dance 2 CW turning polkas in LOD.
- 5-8 Repeat meas 1-4, but do the turning polkas CCW.
- 9-16 Repeat meas 1-8.

#### II. TURNING POLKAS WITH PIVOTS

- 1-2 Dance 2 turning polkas CW.
- 3-4 M make 4 pivot steps independently to L and W do same to R, both progressing forward in LOD and making 2 complete turns.
- 5-8 Repeat meas 1-4.
- 9-10 Repeat meas 1-2.
- 11-12 As a cpl, dance 4 pivots CW, making 2 complete turns.
- 13-16 Repeat meas 9-12.

#### III. POLKA AND WOMAN TURNS

- 1-2 Dance 2 turning polkas as a couple (CW).
- 3-4 With M's L and W's R hands joined, M does 4 step-hops while W turns under their joined hands with 4 step-hops; both move forward. Men hold R hand high.
- 5-8 Repeat meas 1-4.

#### IV. POLKAS; STAMPS

- 1 As a cpl, dance 1 turning polka step CW.
- 2 Complete the turn as a couple with 1 step (M R, W L) (ct 1); sharp stamp, without wt (M L, W R) (ct 2).
- 3-4 Dance 2 more turning polkas (CW), M starting with L, W with R.
- 5-8 Repeat meas 1-4.
- 9 Do 2 pivots (M L,R, W R,L).
- 10 Sharp stamp fwd (no wt) (ct 1); hold (ct 2).

## Polka Štěbetalka—continued

- 11-12 Dance 2 turning polkas (CW).
- 13-14 Moving twd ctr, dance 4 chassé (gallop) steps in semi-open pos, M starting with L and W with R (no wt on last step).
- 15-16 Single cancan: rock back onto trailing foot (R for M, L for W) (ct 1); hop on same ft (ct 2).  
Rock twd ctr (ct 1); hop on same ft (ct 2).
- 17-18 Repeat meas 13-14 away from ctr (M starting with R, W with L).
- 19-20 Double cancan: rock back onto inside ft (M's L, W's R) (ct 1); rock fwd onto outside ft (ct 2). Repeat.
- 21-40 Repeat meas 1-20. End facing ptr, M facing LOD.

V. REJDOVAČKA

- 1 M start with L ft fwd in LOD dance step-close-step leading with L shoulder so body is turned to R. W back up with same step starting with R ft and also twist to R. Hands for both on hips.
- 2 Repeat meas 1 with opp ftwk and twist of bodies to L.
- 3 Repeat meas 1 (M can start with a clap).
- 4 M make complete turn to R with R step and close L; W turn to L with a L, close R. Both end facing as before.
- 5-8 Repeat meas 1-4 in RLOD with same ftwk, M backing up and W going fwd; end in semi-open ballroom pos facing LOD.

VI. HEEL-TOE POLKAS

- 1-2 Dance heel-toe starting with M's L heel and W's R, with bounces on supporting ft on each ct. With 1 polka step turn as cpl to face RLOD.
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-7 Repeat meas 1-3.
- 8 M turns W out (M's L hand holds W's R) with 3 steps to end in ballroom pos with M on inside of circle.

VII. POLKAS; STAMPS

- 1-20 Repeat Fig IV, meas 1-20 only. End in ballroom pos, M on inside of circle.

VIII. CODA

- 1-2 Dance 2 polka turning steps (CW).
- 3 Turn with two pivot steps.
- 4 M turn W out with 2 steps, M's L and W's R hands joined.
- 5-8 Repeat meas 1-4.
- 9-16 Repeat meas 1-8. An option is that on meas 16 M can turn W out twice.

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