

Presented by Morley Leyton &
Monique LegaréPOLKA UGINANA
Poland

The Rzeszów Region is known for its many earthy turning dances (Przeworska, Prezez Noga, Dzbuon, Kócana, etc) typically done heavily with accent into the ground. There are other Uginanaz (Bent Polka), not to be confused with this one. Morley Leyton learned this dance from Leodadia (Lodz) Magdziarz of Rzeszów, Poland, 1970. She currently resides in Montreal.

PRONUNCIATION: Oo-gee-nah-nah

RECORD:

FORMATION: Cpls in closed ballroom pos, M facing LOD and W squarely in front of ptr. M holds WR wrist with ML hand, free arm out to side.

METER: 2/4

PATTERN

Meas

PART I: REST STEPMEN:

- 1 Step L to L (ct 1); close R to L (ct &); repeat ct 1, & (cts 2, &).
- 2 Step L to L (ct 1); bend L knee (ct &); stamp R in place while straightening L (ct 2).

NOTE: Do not travel far, take small steps.

WOMEN:

- 1-2 Same as M, but with opp ftwk and direction (twd ctr). The difference is that W move in a half-moon arc while M go straight twd ctr, so that W ends up on ML and with back to ctr by meas 2, ct 1.
- 3-4 Repeat meas 1-2 with opp ftwk and direction (away from ctr). M must give lead with R arm.
- 5 Similar to meas 1-2, but done in double time:

MEN:

Step L to L (ct 1); close R to L (ct &); step L to L (ct 2); stamp R in place while bending L knee (ct &).

WOMEN:

Same as M, but with opp ftwk and direction (twd ctr). Since there is half the time to cover the same distance, M must give strong lead with R arm.

- 6 Repeat meas 5 with opp ftwk and direction (away from ctr).
- 7 Repeat meas 5.
- 8 M stamp R,L,R; W L,R,L. End with M facing LOD, W facing M squarely in front of ptr. During stamps you may change from free arm out to side to, M hold WR wrist jammed into ML hip by his R hand.

continued.

PART II: TURN

- 1 MEN:
Step R fwd (ct 1); close L to R (ct &); step R fwd with dip (ct 2).
WOMEN:
Step L bkwd (ct 1); close R to L (ct &); step L bkwd with dip (ct 2).
- 2 Repeat meas 1 with opp ftwk, but make 1/2 turn CW during ct 1, so that M dips bkwd on L, W fwd on R.
- 3 Repeat meas 1 with 1/2 turn during ct 1.
- 4 With M stamping L,R,L, hold, and W R,L,R, hold, do 1/2 turn CW so that M face RLOD.
- 5-8 Repeat meas 1-4 in RLOD.
- 9-16 Repeat meas 1-8
- Repeat dance from beginning.