

POLKA UGINANA (Polka Oo-gy-nah'-nah)

Dance from the Rzeszow Region. "Bending Polka". This dance was learned from Edward Wawrzyniak and may be found in "Tance Z Okolic Rzeszowa, by L. Nartowska, CPARA, 1967.

Music: Z Okolic Rzeszowa, LTN 1001.

Words:

Na machowskim polu

Stoji fura b'fota

Machowskie ch'fopaki

Ze szc'erego z'fota

SZCZ

Na machowskim polu

Wyrosli b'fowatki

Machowskie dziewczyny

Jak r'ozowe kwiatki

Formation: Cpls scattered in circle. Parts I and II are done at will, but it is preferred that I begins with a musical phrase.

Part I Turning Step

M R arm around ptr's waist. L hd grips her wrist and is planted firmly on M L hip, or in the small of his back. W L hd rests on M R shoulder. W R arm straight out; make a fist. Cpl should try to be parallel.

M faces RLOD, W faces LOD.

Instructions are for M, W use opp ft.

Meas 1 Step L (ct 1); step R (ct &); step L, dip and draw ^{quarter} ~~semi~~-circle^{forward} on floor with straight R leg (ct 2). Do about 1/6 of a turn CCW on cts 1, & and complete a 1/2 turn during ct 2.

2 M is now facing LOD. Continue turning CCW, and repeat Meas 1 on opp ft, ^{except} Repeat Meas 1-2 several times to end of phrase or as desired.

draw quarter circle bkward.

Part II Rest Step

May do same rest step as in Polka Przez Noge, Part II or:

M faces RLOD, W faces LOD. Retain same hold as in Part I, or either or both ptrs may wave their hand high in a Rzeszow hand wave, or ptrs may assume a shoulder-waist position. Step is simply a flat-footed, heavy running polka step, beginning with M L, W R.