

POLKA Z KROPKA (RZESZOW)
(Polka z kropka - kaon)

Presented by Morley Leyton

This dance was learned from Edward Wawrzyniak from the Rzeszow region.

RECORD: LTN 1001

FORMATION: Cpls in a circle, closed ballroom posn, M with their backs to the center. The M L and W R arm are held straight down at the side and the man holds the woman's wrist.

PATTERN

Turning Step:

Starting in line of direction, M L, W R ft, do step to the side, close, step, close step, close. On each step, bend the upper torso towards RLOD and make the free arms come out slightly.

Then: First turn, pivot $\frac{1}{2}$ turn CW on M L, W R ft, legs straight, and then do a dip on that same leg and touch the other ft to the floor behind you. Place no weight on that ft.

All subsequent turns:

Do two $\frac{1}{2}$ turn pivots, starting M R, W L, and then do the dip and touch (putting the period on the turn).

The turn is done smoothly on the pivots and there is a definite drop when you put the period in. DO NOT HOP, or leave the floor at any time. During the turn, the joined hands may be held out to the side.

NOTE: If the turns are done correctly, the M is always facing the ctr, and the W has her back to the ctr on the dip.

Rest Step:

Cpl faces LOD and does a light bouncy running step, one step to a count. M has R arm around W waist. W has L hand on M shoulder. This is the typical rest step from Rzeszow and there are many variations the cpls may improvise such as turning CW or CCW, with or without your partner, doing the Rzeszow handwave, etc.
See POLKA PRZEZ NOGE.

Sequences:

Most turning dances from Rzeszow are done ad lib, that is you turn when you want to, rest when you want to. It is best to start the turn at the beginning of a musical phrase.

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