

Polomka

(Serbia)

This dance comes from eastern Serbia.

Pronunciation: poh-LOHM-kah

Music: 2/4 meter (counted as 1-e-&a-, 2-e-&a-) *Serbian Folk Dance, Vol. 3, Track*

Formation: Open circle, hands in belt hold, or V-pos.

Styling: Very small, light steps (not stampy)

Meas 2/4 meter Pattern

8 meas INTRODUCTION. No action.

I. FIGURE I. Facing ctr, moving CW. (music speeds up)

- 1 Step L to L (ct 1); turning to face CCW, step R behind L (ct 2).
- 2 Turning abruptly to face CCW, three steps in place L, R, L (cts 1, &, 2).
- 3 Facing CW, beg R, four light steps CW (cts a-1, a-2). (Like a “bloop-bloop.”)
- 4 Continuing CW and beg R, three small light steps CW (cts 1, &, 2).

II. FIGURE II.

- 1 Hop on R bringing L up and out to L side (ct 1); swing L around and step L in front of R (ct &), step back onto R in place (ct 2).
- 2 Large step back L (ct 1); step R beside L, step L in place, (cts &, 2).
- 3 Moving twd ctr, four steps fwd beg R (cts a-1, a-2).
- 4 Step R fwd (ct a); step L fwd (ct 1); step R fwd (ct 2).

III. FIGURE II Variation

- 1-2 Repeat Fig II, meas 1-2
- 3 Step R in front of L (ct a); step L back to place (ct 1); step R next to L (ct a); step L in place (ct 2).
- 4 Step R in front of L (ct a); step L back to place (ct 1); step R next to L (ct 2); touch L next to R (ct &).

III. FIGURE III. (high energy)

- 1 Leap L to L (ct 1); step R behind L, ending with ankles close together (ct 2).
- 2 Three steps in place L, R, L, (cts 1, &, 2).
- 3 Light step R in place, bending knee (ct 1); heavy step L next to R (ct &); light step in place, bending knee (ct 2); heavy step L next to R (ct &).
- 4 Light step R in place, bending knee (ct 1); heavy step L next to R (ct &); light step R in place (ct 2).

Sequence: Dance each figure four times until the end of the music. On last meas, ct 2, stamp R.

Presented by Miroslav "Bata" Marčetić