

Circle Polka

(Poland)



Done to a lively melody accompanied by beautiful singing, the Circle Polka was created to teach the basic ordinary (zwykly) polka step to dancers of all ages. Poland literally has thousands of polka steps and variations that are unique to the folklore of its regions, but most people know these basic steps that are often done during social gatherings. I always teach this particular version to children and beginners of Polish folk dance, as it gives them a solid base for more complicated polka steps and helps them to learn a sense of direction when turning.

Pronunciation: POHL-kah

Music: *Folk Dances from Poland, Vol. 3, Band 6, Vol. 5, Band 7.* 2/4 meter

Formation: Circle of individual dancers facing ctr with hands on hips.

Steps & Styling: Non-couple (individual).

Basic Polka step: Ordinary (zwykly) polka steps are used in this dance either in a fwd motion or while turning.

Forward Polka step: (Step-together-step motion.) Step fwd on R (ct 1); step on L next to R (ct &); step on R (ct 2). Next meas done with opp ftwk.

Turning Polka step: (Also a step-together-step motion but done sideways.) Facing ctr circle, step on R to R in LOD (ct 1); step on L next to R (ct &); step on R turning CW ½ turn (R shldr back) while lifting L ft to end facing out of the circle (ct 2). Continue steps using opp ftwk in LOD always turning CW. Also done in RLOD.

Hand formation: Hands on hips with fingers together at the front and thumb extended around waist pointing bkwd.

Meas

Pattern

4 meas INTRODUCTION. Hold.

I. FIGURE I

1-4 Use 3 measures to make 3 Turning Polka steps to R (LOD) (one full turn). On the 4th meas, continue turning R one full revolution in place by making 2 stamping steps L,R leaving wt on R. End facing ctr. (You have made 2 full revolutions).

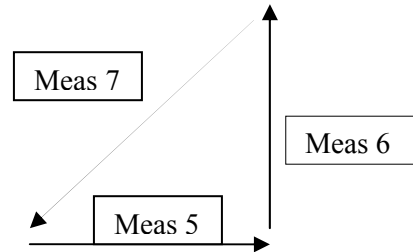
Variation: If unable to turn quickly, take 3 Forward Polka steps facing LOD beg with R and then make 2 stamps L,R and end facing RLOD.

5-8 Repeat meas 1-4 with opp ftwk and direction (RLOD).

Circle Polka—continued

II. FIGURE II

- 1-4 With wt on both ft (side-by-side), twist the upper torso slowly 4 times R,L,R,L. Do not twist head, always look directly across the circle.
- 5 One Turning Polka Step to R, to end facing LOD.
- 6 One Turning Polka Step to L twd ctr of circle, ending facing LOD.
- 7 One Turning Polka Step to R to end in same pos as beg of meas 5, with back to ctr of circle.
- 8 Continue turning to the R (CW) with 2 stamping steps L.R to end facing the ctr of the circle.

III. FIGURE III

- 1-2 Do one revolution CW in LOD by taking 3 steps: step on R (ct 1); step on L (ct 2); step on R (ct 1); stamp with L leaving wt on R (cts 2,&). End facing ctr of circle.
- 3-4 Repeat meas 1-2 in RLOD turning CCW and beg with L.
- 5-6 Take 3 steps fwd to ctr of circle (R,L,R) (cts 1,2,1); stamp with L leaving wt on R (ct 2).
- 7-8 Take 3 steps bkwd beg with L (cts 1,2,1); stamp R, leaving wt on L (ct 2).
- 9-16 Repeat meas 1-8.

SEQUENCE: The complete dance consists of all 3 Figures done one after another in sequence. The complete dance is done 3 times from beg to end. The introduction music is played only once at the very beg. The pattern is therefore the following:

• Introduction

Fig I, Fig II, Fig III

Fig I, Fig II, Fig III

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