

ADA'S POLKA MIXER

Polish-style couple mixer

Any good Polish polka

As learned from Ada Dziewanowska

Couples facing COW, man behind the girl, his hands on her shoulders, her fists on her hips.

Bars

FIGURE I - "A KUKU" (ah-koo-koo) PEEKABOO

- 1 With one Polka step man moves to L and girl to R looking at each other; man starts L, girl R
- 2 Reverse
- 3-4 With 2 Polka steps making half a circle, man moves to left and in front of girl, girl moves to right and in back of man
- 5-8 Repeat in reversed position, returning to original place
- 9-16 Repeat bars 1-8, ending side by side with hands in skaters' position, right hand over.

FIGURE II - "NIBROZŁĄCZEKI" (nye-rawz-wonch-kee) INSEPARABLE

- 1 Both starting L, one Polka step in LOD
- 2 Man makes a full turn to right under joined hands, girl does one Polka step in place
- 3 Repeat bar 1
- 4 Still facing LOD and lifting hands high, man moves in front to girl's place and girl in back to man's place
- 5-8 Repeat bars 1-4, with girl turning under and crossing over
- 9-16 Repeat bars 1-8, ending in ballroom position

FIGURE III

- 1-14 In ballroom position, Polka around room moving in LOD. (It is characteristic for a Polish man to shrug his shoulders before count 1 of 1st, 2nd & 3rd bar, and for both man & girl to pick up their knee and kick their heel in the back before count 1, and to stamp 3 times on 4th and 8th bar.)
- 15-16 Man thanks his partner and moves ahead to stand behind the next girl in LOD - ready to start again.