

ADA'S POLKA MIXER

Arranged and taught by Ada Dziewanowska.
Record: Muza XL-0203 "Pożegnanie Ojczyzny" (Farewell to My Country), side B,
Band 2 "Dziadek" (Grandpa), 2/4 time.

The polka is of Czech origin, but every nationality dances it in their own style and with their own figures. It came to Poland in the beginning of the 19th century and was used in many dances, but is not a Polish national dance.

Starting position: Couples facing LOD, Man behind the Woman, his hands on her shoulders, her fists on her hips.

Measures

1-2 Intro music.

- PART I - "A kuku" [ah-koo-koo] (Peekaboo) - 16 meas.
- 1 With one polka step Man moves to L and Woman to R looking at each other; Man starts with Lft, Woman with Rft.
 - 2 Reverse.
 - 3-4 With 2 polka steps making half a circle, Man moves to L & in front of Woman, she moves to R and in back of Man, and puts her hands on his shoulders.
 - 5-6 Repeat pattern of meas. 1-2.
 - 7-8 Repeat pattern of meas. 3-4 only Man moves to L and in back of Woman and Woman moves to R and in front of Man.
 - 9-16 Repeat pattern of meas. 1-8, at end join hands in skater's position, R hand over.

- PART II - "Nierozłączki" [nye-rohz-wonch-kee] (Inseparable) - 16 meas.
- 1 Both starting with L polka step, move in LOD.
 - 2 Man makes a full CCW turn under, joined hands, Woman polka step in place.
 - 3 Repeat meas. 1.
 - 4 Without separating hands Man moves to Woman's place and Woman to Man's.
 - 5-8 Repeat pattern of meas. 1-4, but Woman turning under and crossing over.
 - 9-16 Repeat pattern of meas. 1-8.

- PART III - Polka around the room - 16 meas.
- 1-14 In ballroom position polka around the room moving in LOD. (It is characteristic for Polish man to shrug his shoulders before ct 1 of 1st, 2nd and 3rd (or just 1st) meas. and for both Man and Woman to pick up their knee and kick their heel in the back before ct 1 of each meas. and to stamp 3 times on meas. 4th and 8th or just 8th.)
 - 15-16 Man thanks his partner and moves to the Woman in front of him, stands behind her and puts his hands on her shoulders...
...and repeats the entire dance with her. After the second time there are 2 meas. of intro music and the dance is repeated twice more with a new partner each time. Man, however, does not leave his last partner at the end.



Dance introduced in 1968 by Ada Dziewanowska. Assistance in writing the directions by Conny Taylor and Mary K. McKenna. Please do not reproduce them without Ada's permission: 41 Katherine Road, Watertown, Mass. 02172, tel. (617) 923-9061.