

# DŽŪKŪ POLKA — Lithuania

[dzōō-kōō pohl-kah]

(Couple dance)

Translation: Polka from the Dzūkai region (southern Lithuania)

Record: Folkraft LP 33 (side A band 2).

Formation: Couples facing line-of-dance (counterclockwise),  
woman (♀) on right of man (♂).

Starting Position: Back Skating position: Right foot free.



Music 2/4

Measure

(Music AA)

- 1-8 Eight POLKA STEPS forward.  
9-16 Eight POLKA STEPS pivoting clockwise in place.



(Music BB)

- 17-24 Couples facing out (backs to center), woman on right of man, join hands to form a well-stretched circle and circle right (clockwise) with sixteen GALLOP STEPS sideward.  
25-26 Still facing out, release hands and women hold own skirts while men place arms akimbo and all take three small GALLOP STEPS sideward (man right, woman left) toward partner (counts 1-3), TAP outside foot in front of inside foot and nod to own partner (count 4).  
27-28 REPEAT measures 25-26 reversing footwork and lateral direction, moving toward corner person.  
29-32 REPEAT measures 25-28.



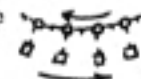
(Music A)

- 33-40 Eight POLKA STEPS in place with partner in Lithuanian position starting with hop on man's right and woman's left foot. Then release partner.



CHORUS (Music CC)

- 41-42 Man: A very small LEAP onto left foot in place and simultaneously extend right leg forward low with knee straight (count 1), and repeat thrice (4 times in all) alternating footwork (counts 2-4);  
Woman: Same except with opposite footwork and moving toward center, holding her skirt.  
43-44 Women join hands in center and circle left (counterclockwise) with four GALLOP STEPS sideward while men circle right similarly except with arms akimbo.  
45-46 REPEAT measures 41-42 except women remain in place (in center).  
47-48 REPEAT measures 43-44 reversing footwork and lateral direction.  
49-56 REPEAT measures 41-48, women in place for their steps of measures 49-50 and 53-54.  
57-72 REPEAT measures 41-56 except women face partner and circle first to own right then left and repeat (men circle first to right as previously).



(Music AA)

- 1-8 Eight POLKA STEPS turning clockwise with partner in Ballroom position, progressing in line-of-dance.  
9-10 Couples facing center, man in back of woman with his left hand holding her left hand near her left shoulder and right hands joined at woman's right hip: HOP on right foot and touch left heel slightly forward (count 1), pause (count 2), HOP on right foot and touch left toe beside right foot (count 3), pause (count 4).



Continued...

- 11-12 Turning as-a-couple 1/4 right so left side is toward center, four GALLOP STEPS sideward left toward center. Raise left arms high and curved in an arc with joined hands above heads (Scottish style).
- 13-16 REPEAT measures 9-12 reversing footwork and lateral direction, moving sideward right away from center. Arms as above.

(Music BB)

- 17-18 Partners facing, man facing line-of-dance, right hands joined:  
 A very small JUMP on both feet in place with right foot just in front of left (count 1),  
 A very small JUMP on both feet in place with left foot just in front of right (count 2),  
 A very small LEAP onto left foot in place and touch right heel diagonally forward right (count 3),  
 A very small LEAP onto right foot in place and touch left heel diagonally forward left (count 4).
- 19 One POLKA STEP, man in place and woman turning right under joined right hands.
- 20 Three STAMPS in place (counts 1-and-2).
- 21-24 REPEAT measures 17-20 reversing footwork and lateral direction, and man turn left under joined right hands.
- 25-32 REPEAT measures 17-24



(Music A)

- 33-40 REPEAT measures 9-16 except couples facing out and moving sideward left in line-of-dance, then sideward right in reverse line-of-dance.

CHORUS (Music CC)

- 41-72 As CHORUS above except reversing roles so men move forward to center, etc.

(Music Ending)

- 1-16 Sixteen POLKA STEPS with partner in Lithuanian position progressing anywhere, OR in Back Skating position progressing in line-of-dance (or exit, if danced as exhibition).



**BACK SKATING POSITION:** Partners side by side facing same direction, woman on right of man, right hands joined under (or over) left hands in back of body.

**LITHUANIAN POSITION:** Partners side by side facing opposite directions with right hips adjacent, man's right arm in front of woman and hand holding her left waist, man's left hand holding woman's left upper arm, woman's right hand on man's left shoulder and her left hand on man's right shoulder (or holding her skirt).

**Note:** This choreography of typical dance steps from the Dzūkai region of southern Lithuania was first presented on Lithuanian Day at the Chicago World's Fair in 1933 by a group trained by Vyts Beliajus.