

# JAROCINKA POLKA

Poland

This dance was learned in Poland in 1963 by Lucy Wnuk. It was taught to her by Agnieszka Sadzimir, folk instructor at the Cultural Center in Warsaw. Jarocinka comes from the Wielkopolska region in north-western Poland and is pronounced Yaw-ro-cheen'-kah.

**MUSIC:** Record: Bruno BR 50137 "Polish Country Dance Party in Hi-Fi" - Side B, Band 6 (Warmijski Szot)

**FORMATION:** Single circle of cpls facing ctr, W to R of M in varsouvienne pos, elbows bent.

**STEPS AND STYLING:** Polish Polka: (hop)-step-close-step. (Hop on L between ct & of previous meas and ct 1 of current meas)-Step fwd on R (ct 1); close L to R (ct &); step fwd on R (ct 2). Repeat using opp ftwork. When moving fwd, step on heel with toes turned out, bending same shoulder toward working ft. In Jarocinka, the Polish polka is done swd also and typifies the dance.

Skip\*, Jump\*, Walk\*, Balance\*, Sliding Step\*

\* Described in volumes of Folk Dances from Near and Far, published by Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco, California.

*Notes by Dick Babas*

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MUSIC 2/4

PATTERN

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Measures

1-8 INTRODUCTION

I. SWD POLISH POLKAS

1 Dance one Polish polka swd to R.  
2 Touch L heel twice diag swd to L, toe up. Ptrs look at each other.  
3-4 Repeat action of meas 1-2 using opp ftwork. W cross to M L side.  
5-8 Repeat action of meas 1-4. W cross to M R side.

II. SKIPS

1-2 Starting R, M dance 4 skips bwd, W dance 4 skips twd ctr.  
3-8 M, facing RLOD, hands on hips, dance 11 skips and jump on both ft.  
W, hands joined, dance 11 skips in LOD and jump on both ft.  
9-12 Repeat action of meas 3-8 in opp direction using opp ftwork.  
15-16 M dance 4 skips twd ctr to meet ptrs. W dance 4 skips bwd. Assume formation pos facing LOD.

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### III. SWD POLISH POLKAS & CLAPS

- 1-6 Repeat action of Fig I, meas 1-2 facing LOD.  
7-8 M clap hands (ct 1) and walk in LOD with 3 stamping steps starting L.  
W clap hands (ct 1) and turn once CCW with 3 skips starting L and moving in LOD.  
9-16 Repeat action of meas 1-8.

### IV. SHOULDER TO SHOULDER

- 1 With hands joined straight across and starting R, dance 1 Polish polka together to end R shoulders adjacent, elbows bent.  
2 Dance 1 Polish polka away.  
3 Repeat action of meas 1 to end L shoulders adjacent.  
4 Repeat action of meas 2.  
5-8 Repeat action of meas 1-4. On last ct drop M L and W R hands.  
9-12 M kneel on R knee, W dance 4 Polish polkas CCW around M. M free hands on hips, W free hands on skirts.  
13-16 W reverse direction and hand-hold and dance 4 Polish polkas CW around M. On last meas M stand and face ctr.

### V. W STAR

- 1-8 M join hands and dance 8 Polish polkas in RLOD. W form L-hand star in ctr and dance 8 Polish polkas in LOD.  
9-16 Repeat action of meas 1-8 in opp direction. W form R-hand star.

### VI. BALANCES

- 1-2 M turn to face RLOD; ptrs join inside hands, free hands on hips, and dance 2 balance steps in place turning slightly away on the first and together on the second.  
3-4 Put both hands on own hips and walk 4 steps in small individual circles - M CCW, W CW.  
5-16 Repeat action of meas 1-4 three more times.

### VII. SLIDES

- 1-8 Ptrs face each other without touching and dance 16 sliding steps in RLOD. Hands clap on first ct of meas 1 and go diag out to sides, palms fwd, for remaining steps. Ptrs hands do not touch. Stamp on last ct of meas 8.  
9-16 Repeat action of meas 1-8 in LOD.

### VIII. M STAR

- 1-8 W, with hands on skirts, pass R shoulders with ptrs and dance 8 Polish polkas in LOD. M form R-hand star in ctr and dance 8 Polish polkas in RLOD.  
9-16 Repeat action of meas 1-8 in opp direction. M form L-hand star.

*Continued...*

IX. BALANCES

1-16 W turn to face LOD; ptrs join inside hands, free hands on hips, and repeat action of Fig VI, meas 1-16 ending in formation pos facing ctr.

X. SWD POLISH POLKAS & CLAPS

1-16 Repeat action of Fig III, meas 1-16 to end with W facing ptrs.

XII. FINALE

1-8 Ptrs join R hands and dance 8 skips in LOD, W turning CW under held hands. Free hands on hips.

9-16 Take ballroom pos and dance 8 Polish polkas in LOD.