

# **ŁECZYCKA POLKA**

(POLAND)

This dance for 4 couples was learned in Poland by Lucy Wnuk in 1963. It was taught to her by Agnieszka Sadzimir, folk instructor at the Cultural Center in Warsaw.

Łeczycka (wen-CHEE-tska) Polka was introduced to California folk dancers by Miss Wnuk at the 1964 University of the Pacific Folk Dance Camp.

**MUSIC:** Record: Bruno BR 50137 "Polish Country Dance Party in Hi-Fi",  
Side A, Band 1. 2/4 meter.

**FORMATION:** Four cpls: 2 cpls side by side with backs to music, 2 cpls opp facing music. 4 to 6 ft between the 2 lines. W to R of ptr. Hands fisted on hips when not otherwise specified.

**STEPS AND STYLING:** Polish Polka (one per meas): (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); hold (ct &). This constitutes a Polish Polka beginning R ft. When moving fwd take first step (ct 1) on heel of R ft with toes turned out, bending same shoulder twd working ft. Leap\*, Walk\*, Slide\*, Grand Right and Left\*.

The dance is lively, gay, light-hearted and moves briskly.

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

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**MUSIC** 2/4

**PATTERN**

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**Measures**

A 1-8 INTRODUCTION. Stand with hands fisted on hips.

I. CROSS OVER

A 1-2 With 2 Polish Polkas move fwd, pass opp by R shoulder, beginning R.

3 Leap fwd on R (ct 1); leap fwd on L (ct 2).

4 Leap fwd on R (ct 1); turn in place 1/2 CW with jump onto both ft (ct 2).

5-8 Repeat action of meas 1-4 exactly, but pass L shoulders and return to  
(repeated) original pos. On cross over, shoulder follows leading ft.

II. HEEL-TOE

Note: meas 1-4 described for cpls with backs to music. Cpls facing music use opp ftwork. Meas 5-8 all use ftwork described.

B 1 Hop on L, extending R heel to R (ct 1); hop on L, touching R toe in front of L toe (ct 2).

2 Stamp R,L,R (cts 1,&,2). Knees slightly bent.

3 2 Slide Steps to L.

4 Step L to L (ct 1); jump onto both ft in place (ct 2).

5-6 2 Polish Polkas, beginning R, bwd from own line, turning shoulders to R on first polka, to L on 2nd polka.

7-8 With 4 walking steps turn once CW in place, beginning R.

LECZYCKA POLKA (continued)

III. CIRCLE TO SQUARE

- B 1-4 With 4 Polish Polkas, beginning R, make 2 CW turns individually and progress in LOD (CCW) to form a circle of 4 cpls from the 2 facing lines.
- 5-8 Join hands in circle, face R of ctr, move in LOD with 4 Polish  
(repeated) Polkas, beginning R.
- A 1-6 Retain joined hands, reverse direction of circle, face slightly L of ctr, dance 6 Polish Polkas in RLOD (CW), beginning R.
- 7-8 Ptrs hold inside hands, release hands between cpls, dance 2 Polish Polkas bwd to form a 4 cpl square, 1 cpl per side. It is not important which cpl is on which side.

IV. CLAPS

Note: When not clapping W hands are on skirts, M arms folded across chest shoulder high.

- A 1-2 M stand in place. W dance 2 Polish Polkas twd ctr of square, beginning R.
- 3 M stand in place. W clap hands twice with vertical scissors motion.
- 4 W turn CW to face ptr stamping R,L,R (cts 1,&,2). M stamp simultaneously.
- 5-7 Repeat action of meas 1-3 (Fig IV) W move away from ctr of square, beginning L.
- 8 W turn CCW to face ctr with 3 stamps L,R,L (Cts 1,&,2). M stamp  
(repeated) simultaneously.

- C 1-8 Repeat action of meas 1-8 (Fig IV), with M active, W remain in place.

V. SLIDES AND STAMPS

- C 9-12 Cpls take closed pos, M L shoulder twd ctr of square. Head cpls (those facing twd and away from music) dance 4 Slide Steps across square, beginning M L, W R, M pass back to back (meas 9-10). With 4 more Slide Steps make CCW loop on opp side of square (meas 11-12) to end in opp cpl pos with joined hands twd ctr of square. Side cpls stamp on ct 1 of each meas. M L, W R.
- C 1-4 Repeat action of meas 9-12 (Fig V) with side cpls moving, head  
(repeated) cpls stamping.
- 5-12 Repeat action of meas 9-12 and 1-4 (Fig V) exactly.  
(repeated)

VI. BOWS

Ftwork described for M. W use opp ft.

- A 1 Cpls face ctr of square, M L hand on hip, R arm around W waist. W L hand on ptr R shoulder, R hand hold skirt. Cpls dance 1 Polish Polka twd ctr, M beginning L, W R.
- 2 Step fwd R (ct 1); touch L toe behind R, bend knees and acknowledge opp (ct 2).

## LECZYCKA POLKA (concluded)

- 3 1 Polish Polka bwd, M begin L, WR.
- 4 Turn slightly to face ptr, step on R (ct 1); touch L toe in front of R, bend knees and acknowledge ptr (ct 2).
- 5-8 Repeat action of meas 1-4 (Fig VI). M take wt on L on ct 2, meas 8, as ptrs release hold to finish M facing LOD (CCW), W RLOD (CW).

### VII. GRAND RIGHT AND LEFT

- A 1-7 Dance Grand Right and Left with 7 Polish Polkas beginning R. M move in LOD, W in RLOD. Note: In order to almost reach home pos at end of meas 7 the square must be tight and the dancers must cover space during the polkas.
- 8 W take 2 steps in place, L,R, turning to face LOD, while M take 2 steps (repeated) twd ptr, L,R, take her in open ballroom pos, joined hands extending LOD.

### VIII. LEAP AND PIVOT ("Trip Step")

- B 1 1 Polish Polka in LOD, both begin L.
- 2 Wt on L ft, M extend R heel fwd on floor, lean back slightly, assist ptr as W leaps over M extended ft to land on R facing ptr (ct 1); W touch L behind R (ct 2).
- 3 M assist ptr to leap back over extended R ft to land on L facing LOD(ct 1); M step R (take wt) beside L, resuming erect posture, W touch R behind L, no wt (ct 2).
- 4 In closed pos make 1 complete CW pivot turn, M stepping L,R (cts 1,2). W step R (ct 1), step L,R (cts 2,&).

- 5-8 Repeat action of meas 1-4 (Fig VIII).

- B 1-8 Repeat action of meas 1-8 (Fig VIII).  
(repeated)

- A 1-8 Repeat action of meas 1-8 (Fig VIII). W step R, L on meas 8.

### IX. FINALE

- A 1-7 Face LOD, inside hands joined shoulder high, elbows bent, free hands fisted on hip, begin outside ft (M L, W R) dance 7 Polish Polkas, moving fwd. Joined hands swing shoulder high bwd on meas 1, fwd on meas 2 and continue alternating bwd and fwd.
- 8 M turn ptr CW under joined hands to face each other. W steps L,R.  
(repeated) Free hands raised on ct 2 of meas 8.