

ŁĘCZYCKA POLKA
(Poland)

SOURCE: This dance for four couples was learned in Poland in 1963 by Lucy Wnuk. It was taught to her by Agnieszka Sądźimir, folk instructor at the Cultural Center in Warsaw. Łęczycka is pronounced Wĕn-chĭ'-tskă.

MUSIC: Record: Bruno BR 50137 "Polish Country Dance Party in Hi-Fi" - Side A, Band 1

FORMATION: Four cpls in two lines. One line has backs to music, other faces music. M has ptr on R. Hands are on hips.

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 ft work. When moving fwd, step on heel with toes turned out, bending same shoulder toward working ft.

Leap*, Walk*, Slide*, Pivot*

*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.

MUSIC 2/4

PATTERN

Measures

1-8 Introduction

FIG I LEAPS

1-2 2 Polish polkas fwd passing R shoulders of person opp.
3 Leap fwd on R (ct 1); Leap fwd on L (ct 2);
4 Leap fwd on R (ct 1); jump to both, turning 1/2 CW (ct 2).
5-8 Repeat action meas 1-4 passing L shoulders.

FIG II HEEL-TOE

(Steps described for the first 4 meas are for line with backs to music. Line facing music use opp ft work).

1 Hop on L, extending R heel to R (ct 1); hop on L, touching R toe at front of L toe (ct 2).
2 Stamp R (ct 1); stamp L (ct &); stamp R (ct 2). Knees are slightly bent.
3 2 slide steps to L.
4 Step swd to L on L (ct 1); jump to both in place (ct 2).

Cont

- 5 1 Polish polka bwd starting with R and turning shoulders to R.
- 6 1 Polish polka bwd starting with L and turning shoulders to L.
- 7-8 Walk 4 steps CW making one turn in place.

FIG III CIRCLES

- 1-4 Dance 4 Polish polkas in LOD making two CW turns.
- 5-8 Join hands in a circle and dance 4 Polish polkas in LOD.
- 1-6 Reverse direction and dance 6 Polish polkas in RLOD.
- 7-8 Cpls release hands and with 2 Polish polkas bwd, back into a 4 cpl square.

FIG IV CLAPS

- 1-2 M stand in place 2 meas. W dance 2 Polish polkas toward ctr.
- 3 M stand in place. W stand in place and clap twice with vertical scissors motion.
- 4 W turn CW to face M with 3 stamps - R (ct 1); L (ct &); R (ct 2).
M do same stamp sequence in place facing ctr.
- 5-7 Repeat action meas 1-3, W moving away from ctr and starting on L.
- 8 W turn CCW to face ctr with 3 stamps - L (ct 1); R (ct &); L (ct 2).
M do same stamp sequence in place facing ctr.
- 9-16 Repeat action meas 1-8 except M and W do action previously done by ptr.
Throughout FIG IV, W hands are on hips and M hands are folded across chest, shoulder height.

FIG V STAMPS & SLIDES

- 1-4 Head cpls (those cpls facing toward and away from music) take closed ballroom pos, M L shoulder toward ctr of square, and dance 8 slide steps across square. M pass back to back. Cpls make CCW loop to end as they started but on opp side of square. Side cpls take closed ballroom pos, M L shoulder toward ctr of square, and stamp on first count of each meas (4 times in all) - M L, W R.
- 5-8 Repeat action meas 1-4 except that side cpls slide across and head cpls stamp.
- 9-16 Repeat action meas 1-8.

FIG VI BOWS

- 1 Cpls face ctr, M L hand on own hip, R around W waist and W L hand on M R shoulder, R hand on skirt. Cpls dance 1 Polish polka to ctr starting M L, W R.
- 2 M step fwd R, W L (ct 1); M touch L toe behind R, W R behind L (ct 2). Bend knees on ct 2.

Cont

- 3 Cpls dance 1 Polish polka bwd, starting M L, W R.
4 Turning to face ptr, M step on R, W L (ct 1); M touch L toe in
front of R, W R in front of L (ct 2). Bend knees on ct 2.
5-8 Repeat action meas 1-4.
M take wt on L on ct 2, meas 8.

FIG VII GRAND R & L

- 1-7 M dance 7 Polish polkas in LOD and W dance 7 Polish polkas in
RLOD doing Grand R & L.
8 W dance 2 steps in place turning to face LOD while M dance 2
steps to ptr taking her in open ballroom pos.

FIG VIII TRIP & PIVOT

- 1 Cpls dance 1 Polish polka in LOD, both starting on L.
2 M extends R heel fwd on floor and leaning slightly bwd, helps
ptr as W jumps over M extended ft to land on R facing him (ct 1);
W touch L behind R (ct 2).
3 M help W jump back over M extended ft to land facing LOD (ct 1);
M step R beside L, straightening up. W touch R behind L without
taking wt (ct 2).
4 Cpls pivot once CW. M step on L, WR (ct 1); M step on R, W L
(ct 2); W step on R, M hold (ct &).
5-24 Repeat action meas 1-4 five more times.

FIG IX POLKAS

- 1-8 Cpls dance 8 Polish polkas in LOD. Inside hands are joined, free
hands on own hips. When starting on inside ft, joined hands
swing fwd, on outside ft, they swing bwd. On last polka step W
turns CW under M R hand and ends dance facing him. Free hands
are raised on last ct.

Notes by Dick Oakes