

1967 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Eugene R. Ciejka

BEGINNERS POLKA
(Poland)

SOURCE: Gene Ciejka, Director, Orange County Folk Dancers

MUSIC: Record: Let's Polka-Oberek-Waltz-Tango, Ted Maksymowicz, ABC Paramount, ABC-229, Side 2, Band 1

FORMATION: Circle, both facing L.O.D. Man on inside, Lady outside. Man holding Lady's left hand with his right. Free hand on hip. Thumb behind, fingers front and curled under.

BASIC POLKA STEP:

Since this dance was choreographed for the purpose of exposing non-Polish polka dancers to this definite style it has been arranged very evenly and constant. This is not the case in all Polish polkas. Keep the steps small and low except where specified. Work off the balls of the feet and the ankles keeping the knees slightly bent at all times. The accented spots where the heels must hit the floor are noted.

Man:

CT. 1 Hop on right foot
2 Touch left toe to floor.
3 Hop on right foot while bringing left foot up sharply with bend at knee so sole of left foot shows.
4 Hop onto left foot while bringing right foot up sharply with bend at knee so sole of right foot shows.

1-4 of Meas. 2 is done with reversed footwork.

Woman:

MEAS: 1 Woman does man's meas. 2 first and meas. 1 next.

INTRODUCTION: Three very definite beats.

FIGURE 1: Walk in L.O.D.

Meas.

1-7

Seven basic polka steps in l.o.d. No side to side movement. On Ct. 2 when touching foot to floor, touch in front, advancing with each step.

8

Stamp (Man) l.r.l.r. (Woman) R.L.R.L.

FIGURE 2: Circle around each other facing L.O.D.

1

Still facing l.o.d. and placing both hands on hips.

Man take one basic polka moving forward slightly.

Woman take one basic polka moving backward slightly.

2-3

Man: Making C.W. circle around spot partner was in, while facing L.O.D. returns to original spot on left of girl.

Woman: Does same as man but moves C.W. behind man and the to front to return to same spot.

4

Face partner and stamp (men) L.R.L.R. (woman) R.L.R.L. Both hands on hips and slight bend at waist.

5-8

Repeat meas. 1-4.

continued..

BEGINNERS POLKA (CONT'D)

- FIGURE 3: Balance out and in.
 1-2 Man using basic polka starting hopping on R. balance out and in. Woman using basic polka starting by hopping on L. balance out and in.
 3-7 Repeat meas. 1 and 2 two and one half more times finishing on balance out. Man's right hand holding lady's left with free hand on hip.
 8 Turn to face partner. Men C.W., Lady C.C.W.
 Retaining hand hold stamp (man) L.R.L.R. (woman) R.L.R.L.

- FIGURE 4: Basic polka with C.W. turn.
Basic step: Same as noted except where touch of foot is indicated, man on ea. even meas. places right foot behind and beyond right foot. The man's odd meas. have no cross over and are considered as recovery steps. All this is done in ballroom position while turning C.W.
Woman: does same step but her even meas. are recovery steps and odd meas. are cross over steps.
 1-7 Seven basic polka steps turning C.W. one half turn per measure. Finishing with man on inside. Turn a little more on last meas.
 8 Man stamp L.R.L.R. Woman R.L.R.L.

- FIGURE 5: Basic polka with C.C.W. turn.
 Same as above but now man's even meas. are recovery steps and woman's odd meas. are recovery steps. In short man now does woman's steps and woman does man's steps of meas. 1-8.
 9-15 Seven basic polka steps turning C.C.W. finishing with man inside circle. Turn a little more on last meas.
 16 Man stamp L.R.L.R. Woman stamps R.L.R.L.

- FIGURE 6: Move to new partner.
 1-3 Both hands on hips and on inside of circle moving R.L.O.D. man takes 3 basic walking polka steps to girl behind him. Lady takes 3 basic polka steps to man ahead of her.
 4 Both turn C.C.W. while stamping (man) L.R.L.R. (woman) R.L.R.L. to face new dancer, bend slightly at waist.
 5 With basic polka man turns C.W. to face R.L.O.D. Woman takes one basic polka to turn C.W. to face L.O.D. and moving slightly forward.
 6-7 Man moving R.L.O.D., lady L.O.D. progress towards next dancer with two basic polka steps.
 8 Man and woman turn C.C.W. to face partner while stamping, (man) L.R.L.R. (woman) R.L.R.L.
 9-16 Repeat meas. 1-8. Except on meas. 16 men turn one half turn C.C.W. to face L.O.D. Woman does not turn at all but remains facing L.O.D.

Repeat whole dance through twice more.

- 1-8 Repeat figure #1

Finis.

*continued...
(ERRATA)*

