

POLISH POLKA

This step is basic for the Polish Polka. All variations use this step -- they merely change directions, turn, balance away, etc. The step should be done very relaxed, with both heels on the ground since, among Poles, this dance is done for the whole evening without pause. To learn the step -- learn the bounce first, then learn to alternate weight on each foot. When you feel comfortable, try it with a partner. Don't be surprised if it takes several months to feel freedom and ease in this one step.

Each measure has 4 counts.

Start with a small bounce on the upbeat (ct 4 of last meas).

Land on ct 1 and bounce.

Land on ct 2 and bounce.

Land on ct 3 and sink softly.

Take a bigger bounce on ct 4, timed so that you land on ct 1 of next measure.

Practice on both feet first, then try to lift alternate feet on ct 3, then graduate to alternating feet throughout. Remember, the bounce is the thing.

Many good records are available made by Polish bands here in the United States -- all the records produced by Dana, Dala, Stella are excellent. Polkas by German bands are inadequate -- they don't have the right bounce.

Presented by Morley Leyton
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