

1971 SAN DIEGO STATE COLLEGE FOLK DANCE CONFERENCE

Presented by Morley Leyton

POLKA GACOK
(Gah' - Tsoak"
(From the village of Głac')

This dance was learned from Edward Wawyziniak and Leokadja Magdiarz. It may be found in "Tańce Z Okolic Rzeszowa, CPARA, 1967.

RECORD: Z Okolice Rzeszowa LTN 1001 B, band 2
MH 45-4001A

FORMATION: Cpls face LOD, Varsouvienne pos.

STYLE: Polka steps are done smoothly with NO BOUNCE and travelling.

2/4

PATTERN

PART I
Meas 1-7 Dance 7 polka steps fwd. M & W both beg L ft. step-tog-step.
8 Without releasing hands, both turn CW to face RLOD, keep L arm higher than R. Stamp R (ct 1), stamp L (ct 2).

PART II. THE WINDOWS "OKIENKI"
Look at your partner throughout this part
1 Stamp R twice (cts 1 & 2). M sings "Hop, Siup" (Hope, Shoop) the same time as each stamp.
2 Turn CCW in place to face LOD. Keep R arms higher than L W sing "Tra-la".
3-4 Do meas 1-2 with opp ftwk and arms, and turn in opp direction. Continue singing for rest of step.
5-6 Repeat 1-2
7-8 Stamp L twice, then release hands and turn W CW to closed ballroom pos.

PART III
1-8 Dance 8 polka steps in LOD, turning CW ^{1/2 TURN,} finish with M back to ctr.

PART IV
1 Stamp M L, WR, twice (cts 1, 2). M sing "Hop, Siup" joined hands point to floor in LOD.
2-3 Slide in LOD, W sing "Tra-la"
4 Same as 1-2 except on opp ft, and in RLOD. Joined hands ^{point} up.
5-8 Repeat meas 1-4.

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Polka Gacok-Continued

PART V.

1-8 Same as Part III

PART VI.

Closed ballroom pos, ML, WR arm out to side, hands joined. Stay on one level, knees bent throughout this part.

1 Stamp outside ft twice (cts 1-2). M sing "Hop, Siup".

2 Do 2 pivots in plie, making one turn CW in LOD. W sing "Tra-la"

3-4 Repeat meas 1-2

5-8 Repeat meas 1-4

Dance repeats twice more