

POLKA GACOK
Rzeszów region, SE Poland

Pronunciation: Gah'-tsoak, from the village of Gać.

Record: LTN 1001, Z Okolic Rzeszowa, Side B, Band 2.

Formation: Cpls facing LOD, in varsouvienne pos, R hds high, L hds low and extended fwd slightly. W stands slightly ahead of M.

Meter: 2/4

Styling: Polka steps are done smoothly, with no bounce or hop, and cover a lot of ground.

Source: Learned from Alicja Haszczuk, Opole, Poland, 1979.

- | Meas. | Pattern |
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| 1-2 | Introduction |
| | <u>I. Traveling Polka</u> |
| 1-7 | M and W begin L, do 7 polka steps fwd in LOD. |
| 8 | Stamp R(ct 1), L(ct 2), and turn $\frac{1}{2}$ CW in place to face RLOD, without releasing hands. Joined L hds will now be raised, R hds low. |
| | <u>II. Windows</u> |
| 1 | Stamp R twice(cts 1,2), M sing "Hop, Siup"(Hope, Shoop) in time with the stamps. |
| 2 | Put wt on R ft and pivot $\frac{1}{2}$ GCW in place to face LOD. R arms are raised. W sing Tra-la-la(cts 1, &, 2&). |
| 3-4 | Rpt meas 1-2 with opp ftwk and dir. |
| 5-6 | Rpt meas 1-2. |
| 7-8 | Stamp L twice, then M turns W with his L hd $\frac{3}{4}$ CW into closed dance pos. W pivots on L into pos. |
| | <u>III. Turning Polka</u> |
| 1-8 | Do 8 polka steps turning CW in LOD, $\frac{1}{2}$ turn per meas. M begins L, WR. End with M back to ctr. |
| | <u>IV. Slides</u> |
| 1 | M stamp L, WR twice(cts 1,2), M sing "Hop, Siup". Joined hds point toward floor. |
| 2 | Do one polka swd in LOD(cts 1&2), M sing "Tra-la-la". |
| 3-4 | Rpt meas 1-2, with opp ftwk and dir. Joined hds point up. |
| 5-8 | Rpt meas 1-4. |
| | <u>V. Turning Polka</u> |
| 1-8 | Rpt Fig III, meas 1-8. |
| | <u>VI. Pivot Turn</u> |
| 1 | M stamp L, WR twice(cts 1,2), M sing "Hop, Siup". |
| 2 | Do one pivot turn CW in LOD, M steps LR, W steps RL. Keep knees bent and stay level. W sing "Tra-la-la". |
| 3-8 | Rpt meas 1-2 3 more times. W take a "catch" step R on ct 2& of meas 8 so L ft will be free to start dance over. |

Dance repeats twice more.

Presented by Alana Hunter