

POLKA KUCANA  
Rzeszów region, SE Poland

-Pronunciation: Koo-tsah'-nah, meaning "Polka with a squat".  
 Record: Music unavailable, but can be done to "Polka Z Kropka", LTN 1001,  
 Z Okolic Rzeszowa, Side A, Band 4.  
 Formation: Cpls scattered around room.  
 Meter: 2/4  
 Source: Learned from Alicja Haszczuk, Opole, Poland, 1979.

Pattern: The turning step and rest step are done at will, but it is best to start the turn at the beginning of a musical phrase.

Turning Step

The turning step is done very smoothly, with legs almost straight, except for the dip on ct 6. The step cuts across the musical phrasing.

Position: M faces LOD, W faces ptr. Closed dance pos, M holds WR wrist on his hip with his L hd. W makes a fist with her R hd.

- Ct 1 M steps fwd R in LOD, W bwd L, turn  $\frac{1}{2}$  CW in LOD.  
 Ct 2 M steps bwd L in LOD, W fwd R, continue CW turn.  
 Ct 3 M bends R knee and swings lower leg fwd, swd and back, using momentum from leg swing to complete the CW turn. W bends L knee and swings L lower leg in CW direction. End with M facing LOD.  
 Ct 4-5 Rpt cts 1-2.  
 Ct 6: Bring ft together and squat, pivoting in squatting pos to complete second CW turn. M ends facing LOD.

Rest Step

Open pos: MR arm around W waist, WL hd on MR shldr. Rm in LOD with a light, springy step, one step per count. Free hd may be placed on the hip in a fist, or may do Rzeszów-style hd wave (arm diagonally up, palm fwd, hd shakes). Variations include wheeling CW or CCW with ptr, or turning solo. To prepare for turning step, M brings W around to face him, takes the hold for the turn, and waits for the beginning of a phrase.

Presented by Alana Hunter