

1973 CALIFORNIA STATE UNIVERSITY, SAN DIEGO  
FOLK DANCE CONFERENCE

Presented by Morley Leyton

POLKA SUWANA  
(Polka Soo-va' nah)

From the Rze.szów Region.

RECORD: LTN 2

FORMATION: Cpls in circle, ballroom pos, M with back to ctr. ML  
hand holds W R wrist. M and W on opp ft.

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2-4

PATTERN

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- Meas PART I
- 1 Take long lunge in LOD onto ML, WR ft (ct 1) start turning  
CW by stepping onto MR, WL ft ( & ) step onto ML, WR,  
completing 1/2 turn (ct 2).
- 2 Remain erect and do one step, together, step completing  
full turn.
- 3-16 Repeat meas 1-2, 7 more times.

PART II SHOULDER-WAIST HOLD

M remains in place, back to ctr and helps ptr.

W do a backward pas-de-bas:

- 1 Step R (ct 1) touch L behind R with slight body turn (ct &)  
step R in place (ct 2)
- 2 Repeat meas 1 with opp ft and direction.
- 3-8 Repeat meas 1-2, three more times.

REPEAT PART I

REPEAT PART II

REPEAT PART I

VARIATION: PART I

- 1 Same as above
- 2 M sets R leg out straight in RLOD with flexed heel & W  
jumps over his leg with a jump, 2, 3.