

Presented by Morley Leyton

POLKA TRAMBLANKA

Polish

Polka-Mazurka from Opoczno. This dance learned from Mieczystaw Piwkowski of Mazowsze and from the Opocznocepelia Ensemble of Opoczno.

RECORD: LTN 2 or MAZOWSZE-VOL 3, MONITOR (omit part VIII)

FORMATION: Open Mazur position.

BASIC STEP: Light running, bouncy step, travel fwd slightly. Do not kick feet back.

MUSIC 3/4

PATTERN

Meas PART I: BASIC STEP

- Couples in open pos, facing LOD. Free arm bent 90°, held close in at waist; make fist, with thumb up.
- 1 Accent arm back, look at ptr, take step on outside ft (ct 1)
Arm in, take step on inside ft (ct 2), arm bwd, take step on outside ft (ct 3)
- 2 Keep alternating cts 2 and 3, 3 times
- 3-10 Repeat meas 1-2, four times.
- 11 Repeat meas 1, but begin 1/2 turn CCW
- 12 Stamp, stamp, facing RLOD

PART II

Repeat Basic step i RLOD, finishing facing LOD

PART III Closed ballroom pos, ML, WR arm extending in LOD, below shldr level.

- 1-2 Travel LOD look at ptr, and tilt head in LOD, doing 3 basic steps.
- 3-4 Bend lower arms at elbow twd self and tilt head back, continue to travel in LOD doing 3 basic steps.
- 5-3 Repeat meas 1-4
- 9-10 Repeat meas 1-2
- 11 Repeat meas 3 but start 1/2 turn CCW
- 12 Stamp, stamp facing LOD, bend arms in.

PART IV

Repeat PART III in reverse direction or RLOD

PART V

Polka-Mazurka step. Same Pos as in PART III, arms out to side.

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- 1 Dip onto fwd (outside) ft, in LOD (ct 1) step down onto inside ft, close to outside ft (ct 2) hop on inside ft, bring outside ft close behind ankle (ct 3)
- 2 Do 3 basic steps (bouncy) and turn 1/2 turn CCW
- 3-4 Repeat meas 1-2 in LOD but opp ftwk.
- 5-8 Repeat meas 1-4
- 9-10 Repeat meas 1-2
- 11 Repeat meas 1
- 12 Stamp, stamp

PART VI

Repeat PART V in LOD

PART VII and PART VIII

Repeat PART I and II

Oj, zagrajta nam poleczke
" " " "
" " " "

Dobra poleczke, bo škoczna
" " "
" " "

Oj, potańcujem troszeczke
Oj potańcujem troszeczke
Oj zagrajta nam poleczke
Oj potańcujem troszeczke

Ale najlepsza z Opoczna
Dobra poleczka, bo škoczna(2)
Ale najlepsza z Opoczna
Dobra poleczka bo skocana

Oj, dobry dzbanek i sklanka
" " " "
" " " "

Ale najlepsza trablanka (2)
Oj, dobry dzbanek i sklanka
Ale najlepsza trablanka