

Presented by Morley Leyton

POLKA UGINANA
(Polka Oo-gy-nah'-nah)
(Bending Polka)

This dance was learned from Edward Wawizyniak and may be found in "Tańce Z Okolic Rzeszowa, by L. Nartowska, CPARA, 1967.

RECORD: Z Okolic Rzeszowa, LTN 1001 A. band 2

FORMATION: Cpl scattered in circle. Parts I & II are done at will, but it is preferred that I begins with a musical phrase.

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	<u>PATTERN</u>
Meas	<u>PART I. TURNING STEP</u> M R arm around ptrs waist. L hand grips her wrist and is planted firmly on M L hip, or in the small of his back. W L hand ^{REST ON} holds M R ^{SHOULDER} arm , W R arm straight out, make a fist. Cpl should try to be parallel. M and W use opp ftwk. M faces RLOD, W faces LOD.
1	Step L (ct 1); step R (ct &); step L, dip and draw semi-circle on floor with straight R leg (ct 2). Do about 1/6 of a turn CCW on cts 1-& ' and complete a 1/2 turn during ct 2.
2	M is now facing LOD. Continue turning CCW, and repeat meas 1 on opp ft.

Repeat meas 1-2 several times to end of phrase or as desired.

PART II REST STEP

May do same rest step as in Polka Przez Noge, Part II or:

M faces RLOD, W faces LOD. Retain same hold as in Part I, or either or both ptrs may wave their outside hand (ML, WR) high in a Rzeszów hand wave, or ptrs may assume a shldr-waist pos. Step is simply a flat-footed, heavy running polka step, beginning with M L, W R.