

RAZ DWA
POLAND
KASZUBIAN POLKA

Source: Frances Wesolowska, Director Polish National Alliance Dance Co., N.Y.C.

Music: Bruno Rec. 50137 (Leczycka Polka) Side A band 1.
Polish Country Dance Music in Hi-Fi.

Translation: Raz Dwa - One Two; Pronunciation: Rahs - Dvah

Time: 2/4

Basic Step: Polka Step described for men, women use opp. ft.
Wt. on Rt. and hop on Rt. Ct. 1; Step L,R,L cts. 2,3,4.

Formation: Circle with men on inside. Ballroom dance position.
Bodies erect, both facing LOD.

- FIGURE I Walking step. Stride is rather long and strong..
- Meas 1-2 Man lifts left foot Ct. 1, Steps on L ft. Ct. 2, lifts R ft. Ct. 3, steps on R Ct. 4. Then using opp. ft takes two more steps. A total of 4 walking steps.
- FIGURE II Polka Step Turning C.W. while moving LOD
- Meas 3-6 Execute 4 polka steps keeping feet quite flat and steps close to floor.
- FIGURE III Pivot step Step is done holding floor pos.
- Meas 7 Man picks up L. ft. Ct. 1; Steps on L. Ct. 2, Picks up R. ft. Ct. 3, steps on R. ft. Ct. 4 while turning in place with ptrn.
- Meas 8 Repeat meas. 7 on opp. ft. finishing with man on inside.
- Umpteen more Repeat the dance as long as you like.

Eugene R. Ciejka