

TRAMBLANKA (Polka)

5

(Trahm-blahnk'-ah)

Poland

- SOURCE:** "The best polka is from Opoczno. The jug is good & so is the glass, but the best is the lively tramlanka".
(Quoted from the record jacket).
- MUSIC:** Record: MONITOR MF 362, Side 2, band 5.
- STARTING POSITION:** Ptrs in escort pos, facing LOD, free arms bent easily, forearm horizontal. Free arms swing with beat of music.
- STEPS:** Running steps throughout PARTS A & B. Step, step, hop (mazurka rhythm) & running steps in PART C. The M stamps R,L & the W L,R on cts 1 & 2 in the 12th Meas (last) of each, PARTS A, B, & C.

MUSIC: 3/4**PATTERN**

Meas

- PART A:**
- 1 - 12 See starting pos. Ptrs run fwd LOD starting with outside ft, 1 step to each beat of music, arms swinging in the same rhythm, stamping on Meas 12 as described under steps.
- PART B:** Closed pos, M's L & W's R arm straight, extended horizontally.
- 13 - 16 Running steps, turning CW.
- 17 - 20 As in Meas 13-16, but with elbows bent, joined hands about chin level.
- 21 - 24 Exactly as in Meas 13-16, but remembering the stamps on Meas 24. (See note under STEPS (above)).
- PART C:** Pos as in PART B, Meas 13-16.
- 25 - 26 M starts L, W R. Directions given for M, W do counterpart. Step to the side on L ft (ct 1). With R ft step close to & sl back of L ft (ct 2). Hop on R ft, while first extending toe of free foot & then bending free knee so that L ft swings a little behind R ft (ct 3). Turn while running 3 steps CW, L,R,L; Meas 26, - (1/2 turn CW, M faces ctr at end of Meas 26).
- 27 - 28 Repeat Meas 25-26, opp ftwk; (Meas 28, 1/2 turn CW, M ends back to ctr).
- 29 - 36 Repeat Meas 25-28 two more times, remembering to stamp twice on Meas 36 (as described in STEPS above).
- Repeat dance from beginning. Dance ends with PART A, third time through.

Presented by Jan Sjeda
Idyllwild Weekend - 1968