**FOLK DANCE FEDERATION OF CALIFORNIA RESEARCH COMMITTEE:**
Virginia Wilder and Dorothy Tamburini

**ŁECZYCKA POLKA**

(Poland)

This dance for 4 couples was learned in Poland by Lucy Wnuk in 1963. It was taught to her by Agnieszka Sadzimir, folk instructor at the Cultural Center in Warsaw.

Łęczycka (wen-CHEE-kska) Polka was introduced to California folk dancers by Miss Wnuk at the 1964 University of the Pacific Folk Dance Camp.

**MUSIC:**
Record: Bruno BR 50137 "Polish Country Dance Party in Hi-Fi",
Side A, Band 1. 2/4 meter.

**FORMATION:**
Four cpls: 2 cpls side by side with backs to music, 2 cpls opp facing music. 4 to 6 ft between the 2 lines. W to R of ptr. Hands fistted on hips when not otherwise specified.

**STEPS AND STYLING:**
Polish Polka (one per meas); (hop) step-close-step: hop on L between ct & of previous meas and ct 1 of current meas, step fwd on R (ct 1); close L to R (ct &); step fwd on R (ct 2); hold (ct &). This constitutes a Polish Polka beginning R ft. When moving fwd take first step (ct 1) on heel of R ft with toes turned out, bending same shoulder twd working ft.

Leap*, Walk*, Slide*, Grand Right and Left*.

The dance is lively, gay, light-hearted and moves briskly.

*Described in volumes of "Folk Dances from Near and Far", published by the Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco, California.

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**MUSIC 2/4**

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A 1-8 INTRODUCTION. Stand with hands fistted on hips.
I. CROSS OVER
A 1-2 With 2 Polish Polkas move fwd, pass opp by R shoulder, beginning R.
3 Leap fwd on R (ct 1); leap fwd on L (ct 2).
4 Leap fwd on R (ct 1); turn in place 1/2 CW with jump onto both ft (ct 2).
5-8 Repeat action of meas 1-4 exactly, but pass L shoulders and return to original pos. On cross over, shoulder follows leading ft.
II. HEEL-TOE
Note: meas 1-4 described for cpls with backs to music. Cpls facing music use opp ftwork. Meas 5-8 all use ftwork described.
B 1 Hop on L, extending R heel to R (ct 1); hop on L, touching R toe in front of L toe (ct 2).
2 Stamp R,L,R (cts 1,2,2). Knees slightly bent.
3 2 Slide Steps to L.
4 Step L to L (ct 1); jump onto both ft in place (ct 2).
5-6 2 Polish Polkas, beginning R, bwd from own line, turning shoulders to R on first polka, to L on 2nd polka.
7-8 With 4 walking steps turn once CW in place, beginning R.
III. CIRCLE TO SQUARE

B 1-4  With 4 Polish Polkas, beginning R, make 2 CW turns individually and
progress in LOD (CCW) to form a circle of 4 cpls from the 2 facing lines.

5-8  Join hands in circle, face R of ctr, move in LOD with 4 Polish
(Polish Polka) Polkas, beginning R.

(repeated)

A 1-6  Retain joined hands, reverse direction of circle, face slightly
L of ctr, dance 6 Polish Polkas in RLOD (CW), beginning R.

7-8  Ptrs hold inside hands, release hands between cpls, dance 2 Polish
Polkas bwd to form a 4 cpl square, 1 cpl per side. It is not
important which cpl is on which side.

IV. CLAPS

Note: When not clapping W hands are on skirts, M arms folded across
chest shoulder high.

A 1-2  M stand in place. W dance 2 Polish Polkas twd ctr of square,
beginning R.

3  M stand in place. W clap hands twice with vertical scissors motion.

4  W turn CW to face ptr stamping R,L,R (cts 1, 2). M stamp
simultaneously.

5-7  Repeat action of meas 1-3 (Fig IV) W move away from ctr of square,
beginning L.

(continued)

3  W turn CCW to face ctr with 3 stamps L,R,L (Cts 1, 2). M stamp
simultaneously.

C 1-8  Repeat action of meas 1-8 (Fig IV), with M active, W remain in place.

V. SLIDES AND STAMPS

C 9-12  Cpls take closed pos, M L shoulder twd ctr of square. Head cpls
(those facing twd and away from music) dance 4 Slide Steps across
square, beginning M L, W R, M pass back to back (meas 9-10).
With 4 more Slide Steps make CCW loop on opp side of square (meas 11-12)
to end in opp cpl pos with joined hands twd ctr of square.
Side cpls stamp on ct 1 of each meas. M L, W R.

C 1-4  Repeat action of meas 9-12 (Fig V) with side cpls moving, head
cpls stamping.

(repeated)

5-12  Repeat action of meas 9-12 and 1-4 (Fig V) exactly.

(repeated)

VI. BOWS

Ftwork described for M. W use opp ft.

A 1  Cpls face ctr of square, M L hand on hip, R arm around W waist.
W L hand on ptr R shoulder, R hand hold skirt. Cpls dance 1
Polish Polka twd ctr, M beginning L, W R.

2  Step fwd R (ct 1); touch L toe behind R, bend knees and acknowledge
opposite (ct 2).
A 1-7 Dance Grand Right and Left with 7 Polish Polkas beginning R. M move in LOD, W in RLOD. Note: In order to almost reach home pos at end of meas 7 the square must be tight and the dancers must cover space during the polkas.

B 1 Polish Polka in LOD, both begin L.

2 Wt on L ft, M extend R heel fwd on floor, lean back slightly, assist ptr as W leaps over M extended ft to land on R facing ptr (ct 1); W touch L behind R (ct 2).

3 M assist ptr to leap back over extended R ft to land on L facing LOD (ct 1); M step R (take wt) beside L, resuming erect posture, W touch R behind L, no wt (ct 2).

4 In closed pos make 1 complete CW pivot turn, M stepping L, R (cts 1, 2). W step R (ct 1), step L, R (cts 2, &).

5-8 Repeat action of meas 1-4 (Fig VIII).

B 1-8 Repeat action of meas 1-8 (Fig VIII). (repeated)

A 1-8 Repeat action of meas 1-8 (Fig VIII). W step R, L on meas 8.

IX. FINALE

A 1-7 Face LOD, inside hands joined shoulder high, elbows bent, free hands fisted on hip, begin outside ft (M L, W R) dance 7 Polish Polkas, moving fwd. Joined hands swing shoulder high bwd on meas 1, fwd on meas 2 and continue alternating bwd and fwd.

8 M turn ptr CW under joined hands to face each other. W steps L, R. (repeated) Free hands raised on ct 2 of meas 8.