

POLKA GACOK

(Poland)

Polka Gacok (GAHT-sawk) is a dance from the village of Gać in the region of Rzeszów in Poland. This dance was learned from Edward Wawizyniak and Leokadia Magdziarc by Morley Leyton, who presented it in 1971 at the University of the Pacific Folk Dance Camp.

MUSIC: Record: Z Okolic Rzeszowa, LTN 1001, Side B, Band 2.

FORMATION: Cpls in Varsouvienne pos facing LOD in a circle around the floor.

STEPS and STYLING: Russian Polka Step* no hop (done very smoothly), Pivot*, Two-step*, and Stamp*.

*Described in volumes of "Folk Dances From Near and Far" published by the Folk Dance Federation of California, Inc., San Francisco, California 94103.

MUSIC 2/4

PATTERN

Measures

3 Chords INTRODUCTION No action.

I. FORWARD POLKA

A 1-7 Both M and W beginning with L ft, dance 7 Russian Polka steps fwd in LOD.

8 Stepping R, L, both turn CW to face RLOD, keeping L arms high and lowering R arms. (Do NOT release hands.)

II. WINDOWS

B 9 Bending body twd RLOD and looking at ptr, both stamp R twice (cts 1,2). With each stamp M sing "Hop, Siup" (pronounced "Hope, Shoop").

10 Putting wt on stamping ft, pivot CCW to face LOD, raising R arms and lowering L arms. As you turn W sing "Tra-la".

11-12 Repeat action of meas 9-10 (Fig II) using opp ft and arms and turning in opp direction.

13-15 Repeat action of meas 9-11 (Fig II).

16 Releasing hands, M turn 1/4 CW in place while W turns 3/4 CW (W pivot on L ft) to assume closed ballroom pos with ptr. Joined arms are extended at shoulder height. Note: Look at ptr throughout Fig II.

POLKA GACOK (continued)

III. TURNING POLKA

A 1-8 Starting ML-WR, dance 8 Russian Polka steps turning CW and traveling in LOD. Finish with M back to ctr of circle.

IV. SIDE-STEP

B 9 With joined hands pointed twd floor, stamp twice (ML-WR). As you stamp M sing "Hop, Siup".

10 Starting ML-WR, dance one two-step sáwd in LOD. As you move W sing "Tra-la".

11-12 With joined hands pointed upward, repeat action of meas 9-10 (Fig IV) using opp ft and moving in opp direction.

13-16 Repeat action of meas 9-12 (Fig IV).

V. TURNING POLKA

A 1-8 Repeat action of Fig III, meas 1-8.

VI. PIVOTS

B 9 With joined arms extended at shoulder height and with knees bent, stamp twice (ML-WR). As you stamp M sing "Hop, Siup".

10 Retaining same pos as in meas 9 (Fig VI) and moving in LOD, make a complete CW turn with 2 pivot steps starting ML-WR. As you turn W sing "Tra-la".

11-16 Repeat action of meas 9-10 (Fig VI) three more times.
Note: Retain bent-knee pos and keep joined arms extended throughout Fig VI.

Repeat entire dance two more times (three times in all).