

Polomka - Metovničanka - Kostenka (Serbia)

Polomka, Metovničanka and Kostenka (poh-LOHM-kah, meh-tohv-nee-CHAHN-kah, koh-STEN-kah) are from Donja Bela Reka in Northeast Serbia. This medley of three short dances was taught by Milica Ilijin and Desa Dordević at the Institute on Yugoslav Dance in Badija in 1972, and learned there by members of the Aman Folk Ensemble. Richard and Anne Rowland introduced it at the Aman Institute in Los Angeles in April, 1973, and Barry Glass later presented it at the 1973 Statewide Institute in San Diego.

RECORD: Aman LP-104 (33) Side A/5-6-7 2/4 meter

FORMATION: Belt hold, L hand over, mixed line. Face ctr.

STEPS and Hop*, lift*

STYLING: Steps are all very flat-footed. In Metovnicanka and Kostenka, the body will have to twist on the grapevine steps to feel comfortable.

*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

MUSIC 2/4

PATTERN

Measures

A. POLOMKA

INTRODUCTION

- 1 Step on R to R (ct 1); step on L beside R (ct &); step on R to R (ct 2); touch L beside R (ct &).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3-8 Repeat meas 1-2 three more times (4 total).

I. BASIC STEP (music changes and speeds up)

- 1 Step fwd on R (ct 1); step in place on L (ct &); step slightly bkwd on R (ct 2); step in place on L (ct &).
 - 2 Repeat meas 1.
 - 3 Hop on L (ct 1); step slightly fwd on R (ct &); step slightly bkwd on L (ct 2), step bkwd on R (ct &).
 - 4 Step bkwd on L (ct 1); step bkwd on R (ct &); step fwd on L (ct 2), hold (ct &).
- Repeat basic step until music ends.

B. METOVNICANKA

I. SIDE TO SIDE (3's)

- 1 Step on R to R (ct 1); step on L in front of R (ct &); step on R to R (ct 2); lift on R, swinging L slightly across and in front of R (ct &).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3-8 Repeat meas 1-2 three more times (4 total).

II. SHORT GRAPEVINE (7's)

- 1 Step on R to R (ct 1); step on L in front of R (ct &); step on R to R (ct 2); step on L behind R (ct &).
- 2 Step on R to R (ct 1); step on L in front of R (ct &); step on R to R (ct 2); lift slightly on R, swinging L slightly across and in front of R (ct &).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

III. LONG GRAPEVINE (15's)

- 1-3 Repeat Fig II, meas 1 three times.
 - 4 Repeat Fig II, meas 2.
 - 5-8 Repeat meas 1-4 with opp ftwk and direction.
- Repeat dance until music ends.

C. KOSTENKA

8 meas INTRODUCTION

I. BASIC STEP

- 1 Step on R to R (ct 1); step on L across in front of R (ct &); step on R to R (ct 2); step on L behind R (ct &).
- 2 Step on R to R (ct 1); step on L across in front of R (ct &); step on R to R (ct 2); hop in place on R, swinging L leg around and behind R (ct &).
- 3 Step on L behind R (ct 1); hop on L, swinging R leg around and behind L (ct &); step on R behind L (ct 2); hop on R (no leg swing) (ct &).
- 4-6 Repeat meas 1-3 with opp ftwk and direction.

VARIATION Called when leader chooses.

- 1 Repeat Fig I, meas 1.
- 2 Step on R to R (ct 1); stamp L beside R two times (no wt) (cts &,2); hop on R, swinging L leg behind R (ct &).
- 3 Repeat Fig I, meas 3.
- 4-6 Repeat meas 1-3 of the Variation with opp ftwk and direction.

NOTE: When moving on the grapevine step, move lines slightly diagonally fwd to compensate for the bkwd movement in the step-hops.

Repeat dance to end of music.