




POLYANKA






(Russian)

This dance was arranged by Sergei Temoff.


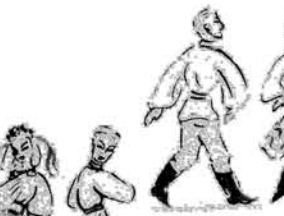









- MUSIC** Record: Kismet No. 129 - Album 3 "Polyanka."
- FORMATION** Double circle, W facing in, M facing out; lines about 6 ft. apart. M stands at ease weight on L foot, R heel slightly off floor, fists doubled up and placed on hips. W has hands on hips.
- STEPS** Russian Polka*, Push*, Stamp, Brush, Skuff, Cut*, Prysiadka, Double-heel, Russian Skip, Buzz*, Walk*, Jump*, Leap*, Hop*, Toe-slide, Toe-toe-kick-step.

MUSIC	PATTERN	Illustrations by Annemarie J. Steinbiss
Measures	SLOW PART	
1	<p>I. <i>Russian Polka</i> WOMEN: W move toward M with exaggerated polka; beginning with R, step fwd. on heel, toe up (ct. 1); close L foot to the back of R and take weight on L, (ct. and), step fwd. R, (ct. 2), hold (ct. and).</p>	
2	Repeat action of measure 1, beginning L.	
3	Repeat action of measure 1, beginning R.	
4	Turning L shoulder toward partner, stamp L, (ct. 1), hold (ct. and), stamp R, (ct. 2), hold (ct. and).	
	<p>Note: On each polka step the corresponding arm sweeps high in an arch over head, turning opposite shoulder slightly toward partner, opposite hand on hip with knuckles resting on hip.</p> <p><i>Push and Stamp</i></p>	
5-6	<p>W faces counterclockwise and moves away from partner with 3 push steps; Step away from partner on R and push simultaneously directly fwd. toward partner with L foot (ct. 1) (L toe extended toward partner); bring L foot to arch of R and take weight on L (ct. and). Repeat push-step twice (ct. 2 and) (ct. 1) (do not close L foot to R arch but stamp lightly on L (ct. and), stamp lightly on R (ct. 2, hold, ct. and), making a half turn counterclockwise to face in opposite direction (R shoulder to partner). The arm position changes with the half-turn counterclockwise, L arm arched high over head. R shoulder turned to partner, R hand on R hip.</p>	
	<p>Note: On push-step W turns slightly fwd. to face partner, pointing "pushing" toe directly toward partner.</p>	
7-8	<p>Repeat action of Measures 5-6, beginning L. L arm arched high over head, R shoulder turned to partner, R hand on R hip.</p> <p>MEN: <i>Heel Stamp</i></p>	
1-8	<p>Fists on hips, stamp R heel, leaving toe on floor in place and straightening knee (ct. 1), bend knees slightly and lift R heel (ct. and). Continue heel stamps thru phrase always stamping heel on strong beat of the music.</p>	
	<p>II. <i>Brush, Two Step and Turn</i> WOMEN AND MEN</p>	
1-4	<p>L arm arched high, R hand on hips, M and W brush R foot diagonally forward to L across L (ct. 1 and), brush R foot bwd. (ct. 2), kick R foot fwd. turning diagonally forward to R, bending L knee and slightly skuffing L heel fwd. (ct. and). Step R and do 3 two steps R-L-R (cts. 1 and, 2 and, 1 and, 2 and, 1 and, 2 and). While doing two steps, form individual circle to R, arms forward at slight angle (elbow height), palms up; pass L shoulders with partners and end circle facing partners, bringing hands to hips on ct. 2 of measure 4.</p>	
5-8	<p>Repeat action of Figure II, beginning with L foot and with R arm arched high, pass R shoulders on the 3 two steps.</p>	



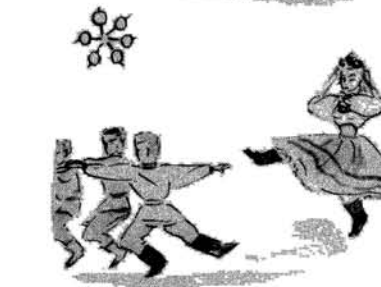


POLYANKA--Continued

MUSIC	PATTERN	Illustrations by Annemarie J. Steinbiss
1-2	<p>III. <i>Russian Polka, Bow and Cut-step</i></p> <p>WOMEN: L hand on hip, R arm sweeps across to L and back into a high arc over head. Take one Russian polka bwd. R (ct. 1 and, 2 and), turning L shoulder slightly toward partner. Step L back of R, putting hand to heart (ct. 1) and point R foot fwd; bowing low toward partners, R arm sweeps in an arc from the heart toward R ft. (ct. 2).</p>	
3-4	<p>Note: This step is done in an exaggerated slow tempo.</p> <p>WOMEN: Move toward partners 4 cut steps with R toe leading fwd. (L foot replacing R on cut) (ct. 1 and, 2 and, 1 and, 2 and).</p> <p>Note: Cut step is executed on the numerical ct.</p> <p>Arms held out to the side (palms down), and slightly below shoulder level. Rotate arms bwd. and fwd. turning palms up on each numerical ct. of the music and down on the "and" (cts. 1 and, 2 and, 1 and, 2 and).</p>	
5-8	<p>Repeat figure III exactly except at the end do only 3 cut steps and stamp R, L (cts. and 2, hold and). Finish with weight on L ft., R hand joined high with partner's R, L hand on hip.</p>	
1	<p>MEN: <i>Prysiadka, Kick and Turn</i></p> <p>Facing partners, prysiadka: Squat with straight back, knees out in wide V, hands fall between knees (ct. 1), straighten knees and extend L leg diagonally to the L (heel on the floor, toe up); R arm held in high arc over head, L arm to side (just below shoulder level), look toward L hand which has palm up (ct. 2).</p>	
2	<p>Repeat action of measure 1 beginning R.</p>	
3-4	<p>With fists on hips, describe small circle turning R while taking 7 double heel steps beginning R (cts. 1 and, 2 and, 1 and, 2). Stamp lightly L (ct. and). (Double heel step: Scuff R heel and quickly step on R foot).</p>	
5-8	<p>Repeat action of measures 1-4 on opposite feet.</p>	
FAST PART		
	<p>IV. <i>Russian Polka, Cut Step</i></p>	
1-4	<p>WOMEN: Move bwd. out of circle. Turn R under joined R hands with 4 Russian polka steps, beginning with R foot (R, L, R, L). Make two complete turns.</p>	
5-8	<p>Face partners, R hands joined in high arc, return to place with 8 quick cut steps, R ft. fwd. L hand on L hip.</p>	
9-16	<p>Repeat Figure IV, measures 1-8.</p>	
	<p>MEN: <i>Russian Polka, Russian Skips</i></p>	
1-4	<p>M follow partner out of circle, R hands joined, with 4 Russian polka steps beginning with R foot. L fist is on L hip.</p>	
5-8	<p>Moving bwd. return to place with 8 Russian skip steps.</p> <p>(<i>Russian Skip Step</i>: Step R ft. directly behind L ft. displacing L (ct. 1), hop L (ct. and), step L ft. behind R ft. (ct. 2), hop R (ct. and).</p>	
9-16	<p>Repeat Figure IV. Measures 1-8.</p>	
	<p>V. <i>Push-step, "Jump" Turn Step, Prysiadka.</i></p>	
1-4	<p>WOMEN AND MEN: Double circle, facing partners, man's back to center. With 8 push steps beginning L, partners move to own R, weight on R.</p>	
5	<p>W turn once in place to R with "jump" steps.</p> <p>(<i>Jump Step</i>: Leap lightly onto L foot and extend R heel diagonally fwd., toe up (ct. 1), change weight quickly by leaping onto R foot and extend L heel fwd. touching floor (ct. 2).</p>	
6-8	<p>Repeat action of measure 5 three more times (8 jumps in all).</p>	

POLYANKA--Continued

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5-8	<p>Simultaneously M execute 4 quick prysiadka steps turning R in place.</p> <p>(<i>Prysiadka</i>: Squat with straight back, both hands between knees (ct. 1 and), rise and straighten knees sliding heels out into a wide V position (ct. 2), keep weight on heels (ct. and). At the same time open arms low to side, palms up.</p>	
9-16	<p>Moving L return to original place with 8 push steps, beginning R with weight on L foot. W repeat "jump" step turning to L. Simultaneously M execute 4 prysiadkas turning L.</p> <p>Note: On push step M and W stretch arms out to side at shoulder height. W "flutter" hands, M holds hands still, palms forward. On "jump" step, W turns with hands high over head continuing the "fluttering" motion. At the end of figure, partners are facing about 4 ft. apart.</p>	
<p>VI. Russian Polka and Dos-a-dos.</p>		
1-4	<p>WOMEN AND MEN: Arms hanging loosely at sides, execute 2 Russian polka steps fwd. toward partner, R, L (cts. 1 and, 2 and, 1 and, 2 and). Move back to place with 2 Russian polka steps, R, L (cts. 1 and, 2 and, 1 and, 2 and).</p>	
5-8	<p>Passing R shoulders dos-a-dos partner on 8 shuffle-walk steps (cts. 1, 2, 1, 2, 1, 2, 1, 2).</p>	
1-4	<p>Repeat 2 Russian Polka steps fwd. (ct. 1 and, 2 and, 1 and, 2 and) and 2 Russian polka steps bwd. (cts. 1 and, 2 and, 1 and, 2 and).</p>	
5-8	<p>Dos-a-dos partner passing L shoulders on 8 shuffle-walk steps (cts. 1, 2, 1, 2, 1, 2, 1, 2).</p>	
<p>VII Turn Away, Jump, Elbow Hook</p>		
1-2	<p>WOMEN AND MEN: Partners facing, inside hands joined (man's R, W L), progress counterclockwise in the circle, turn away from partner one complete turn on 2 polka steps (cts. 1 and, 2 and, 1 and, 2 and), sweeping joined hands down and fwd. on first polka step. Break on second polka step and rejoin inside hands before beginning next measure.</p>	
3-6	<p>Repeat action of measures 1 and 2 twice.</p>	
7-8	<p>Face partner and both M and W jump diagonally R, on both feet with L hips adjacent (ct. 1 and), jump back to place (ct. 2 and). Repeat the jump diagonally to L (ct. 1 and) and jump back to place (ct. 2 and). On these jumps the hands hang loosely at sides.</p>	
9-16	<p>Join R elbows, L arm held in a high arc. Turn clockwise and take 8 Russian polka steps beginning R. Lean away from partner on turn and end facing partner.</p>	
1-8	<p>Repeat action of measures 1-8.</p>	
9-16	<p>Repeat action of measures 9-16, hooking L elbows and starting polka on L foot with R arm high.</p>	
<p>Note: At the end of each Russian polka step the foot flies up in back in a saucy manner.</p>		
<p>VIII. Leap, Buzz and Hop-turn</p>		
1-2	<p>WOMEN AND MEN: Partners facing (M facing out of circle). Both leap lightly diagonally forward to R on R (ct. 1), close L to R (ct. and), change weight to R (ct. 2, hold ct. and), L shoulder to partner. Leap back to place on L ft. (ct. 1), close R to L (ct. and), change weight to L (ct. 2, hold ct. and).</p>	
<p>Note: W bend slightly backward on this step thrusting their hands high, upward and forward, palms up, measure 1 and return hands to hips, measure 2. M thrust arms down and slightly forward and turns palms forward, measure 1, then back to position low on hips with fist doubled and thumbs pointing backward.</p>		

POLYANKA--Continued

MUSIC	PATTERN	Illustrations by Annemarie J. Steinbiss
3-4	W with R arm held high, L hand on hip, M with both hands remaining low on hip, do one solo buzz turn R in place on 4 buzz steps (cts. 1 and, 2 and, 1 and, 2 and).	
5-8	Repeat measures 1-4 beginning L, R shoulder to partner; one solo turn L and end facing partners.	
9-12	Step fwd. R so that hips are adjacent, R arm around partner's waist, L arm held high. Take 16 hops continuously on R turning R, L leg extended to the back (knee is straight) (cts. 1, and, 2, and, 1, and, 2, and, 1, and, 2, and, 1, and, 2, and). At the end of the turn W must be in original position.	
1-12	Repeat action of measures 1-12 beginning L, hopping on L with L hips adjacent and R arm high.	
IX. WOMEN. <i>Toe-heel, Slide and Kick</i>		
1-4	Beginning with feet together, turn toes out to R (ct. 1 and) slide heels to R (ct. 2 and). Repeat toe-turn step 3 times.	
5-8	Hop on L, touch R toe top side (one foot from L toe with R toe turned down, heel up) (ct. 1 and). Hop again on L. Touch R toe in front of L toe, R knee turned out (ct. 2 and). Hop again on L and kick R diagonally fwd. (ct. 1 and) step R beside L (ct. 2 and). Repeat beginning with L.	
9-12	Repeat measures 1-4 moving to the L. Return to original position and face partners. Arms are folded and held at shoulder height throughout entire figure.	
MEN: <i>Polka, and Star Prysiadka</i>		
1-4	In groups of 6, take 4 polka steps, casting off to L (L, R, L, R) to form a L hand star. Arms are outstretched at shoulder height, palms up.	
5-8	In L hand star position, prysiadka 4 times kicking R foot diagonally fdw. Both arms remain outstretched on star.	
9-12	Break from star formation and take 4 polka steps (L, R, L, R) to original position facing partners, keeping both arms outstretched as M returns to partners.	
X. <i>Polka, Skip and Pose</i>		
1-4	WOMEN & MEN: In shoulder-waist position, take 4 polka steps turning clockwise and traveling counterclockwise. Finish polkas in single circle, W facing partners, R hands joined high, L hands on hips.	
5-8	W turn clockwise under arch formed by joined R hands and make 2 turns with 4 polka steps (R, L, R, L) progressing counterclockwise in circle, while M move fwd. counterclockwise with 8 short walking steps, stamping L foot on first count of each measure (L, r, L, r, L, r, L, r).	
9-11	Join L hands in front and R hands at W R waist, make one complete clockwise circle with 6 skipping steps, beginning R (cts. 1 and, 2 and, 1 and, 2 and, 1 and, 2 and).	
Note: W turn backward on the skip, M forward.		
12	M twirls W to R, keeping L hands joined. Drop R hands which go into high arc as they finish in pose W on outside facing M whose back is toward center.	