

Cestička

(Czechia)

Cestička (tses-TEECH-kah) is a couple mixer from central Bohemia. The name literally means “narrow path” but can also be “favorite passage,” “nice journey,” “shining path,” etc. It was taught by Jitka Bonušová at the 2016 Stockton Folk Dance Camp. Thanks go to Karen Bennett and John Rusk for important assistance with drafts of this description.

Music: 3/4 and 2/4 meter *Czech Folk Dances, Stockton Camp 2016 CD, Track 8*

Formation: Couples standing side by side, facing LOD (CCW), inside hands joined.

Video: *2016 Stockton Folk Dance Camp DVD*

Steps: **Turning Polkas:** Rotating CW while moving CCW around circle, M lift on R (ct &), step L (ct 1); step R next to L (ct &); step L (ct 2); repeat with opp ftwk. W dance opp ftwk.
Slides (chassée): Step R to R (ct 1), close L to R (ct &); repeat (cts 2 &).

Styling: Fig I is elegant; Fig II is exuberant.

Measures	meter	3/4, 2/4	Pattern
2	INTRODUCTION. No action; starts with singing.		
	I. WALTZES, STAMPS, TURNOUT. (3/4 meter)		
1-2	Beginning with M's L, W's R, waltz 2 meas fwd; swing joined hands fwd and turn slightly away from ptr (meas 1); swing arms backward and face slightly toward ptr (meas 2).		
3-4	Beginning with M's L, W's R, walk 3 steps fwd (meas 3); stamp (no wt) M's R, W's L in place while leaning back slightly (meas 4).		
5-6	Starting with M's R, W's L, walk backward 3 steps (meas 5); stamp (no wt) M's L, W's R while turning slightly twd ptr (meas 6).		
7-10	Repeat meas 1-4, except on meas 10 make heavy step (with wt) M's R, W's L, to free outside ft.		
11-12	Repeat meas 1-2.		
13-14	Turn away from ptr, M to L, W to R, with 1 waltz meas to end facing ptr, M's back to ctr (meas 13); stamp twice (with wt) in place, M RL, W LR (meas 14).		
	During the long pause in the music dancers can gradually extend their arms out, up, and down.		
	II. TURNING POLKAS, PARTNER CHANGES. (2/4 meter)		
1-2	End the long pause with a clap (meas 1); make 3 heavy steps, M RLR, W LRL, as ptrs move together to assume Ballroom hold (meas 2). An alternative is for W to take 2 heavy steps (RL) and touch R (the important thing is to free the outside ft).		
3-6	Ptrs dance 4 Turning Polkas in LOD making 1 complete turn in 2 meas; finish with M's back to ctr. Joined hands can be lowered slightly on meas 3 and 5 and raised slightly on meas 4 and 6.		
7-8	Release handholds; M guides ptr gently to her R as she dances 2 Slides (8 steps) to the next M in the circle. M turns to face RLOD to greet new ptr coming his way, and if necessary moves twd her in order to join in Ballroom pos.		
9-14	New partners dance 6 Turning Polkas (3 complete turns) in LOD finishing with M's back to ctr		
15-16	Repeat meas 7-8. At the end, dance starts over with this new ptr.		

Dance goes through 4 times. An alternative ending is: instead of ending with Fig II, meas 7-8, the couple can dance 2 additional measures of **Turning Polkas** or perhaps one measure followed by turning the W out and pose.