

CIETA POLKA
(Poland)

Pronunciation:

CIETA POLKA is a couple dance from the region of Nowy Sącz in southern Poland.

Record: Dances of Poland presented by Jacek and Bozena Marek
2/4 meter

Formation: Cpls around the circle in social dance pos. Joined hands (M-L, W-R) raised above head level. M back to ctr.

<u>Meas</u>	<u>Pattern</u>
2 meas	<u>Introduction.</u> No action.

PART I

With heads turned in LOD, M wt on R ft, W L, torso erect, knee bent.

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| A 1 | Stamp, no wt (M L, W R) straightening knee of supporting leg (ct 1). Toes of stamping ft pointing in LOD. Bend the supporting leg (ct 2). |
| 2-4 | Repeat meas 1 three more times (4 wtless stamps in all). |
| 5-8 | Beg M L, W R do 8 small accented sliding step-togethers in LOD. |
| 9-16 | Repeat meas 1-8 with opp ftwk and direction, except lean slightly in RLOD. Joined hands over the heads. |

PART II

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| B 1-7 | Assume shldr-waist pos and beg M R, W L turn CW in place 14 light running steps, thighs vertical and lower legs kicking up in back. Do as many revolutions as possible. |
| 8 | Do one more running step (ct 1); jump, landing with both ft close together, knees bent (ct 2). |
| 9-16 | Repeat meas 1-8 with opp ftwk and direction (CCW). |

PART III

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| A 1-16 | Repeat Part I except dance twd ctr of circle (meas 1-8) and twd outside (meas 9-16). |
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PART IV

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| B 1-8 | All join hands in one circle (W to R of ptr). Beg R ft do 15 running steps (2 per meas) in LOD. Finish with a jump on both ft, close together. |
| 9-16 | Beg L ft do 15 running steps in RLOD. Finish with jump in facing pos (M makes 1/2 CW turn). |

PART V

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| A 1 | <u>M</u> : Facing LOD with slightly rounded arms extended to sides and slightly fwd, wt on L ft, do a wtless stamp with R ft near L ft (ct 1); step diag fwd R on R ft (ct 2).
<u>W</u> : With hands on hips, elbows fwd and keeping eye contact with ptr, do a 1/2 CW turn in LOD with a small, flat polka step, beg with L ft stepping bkwd. |
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CIETA POLKA (Continued)

- 2 M: Repeat meas 1 with opp ftwk, stepping fwd and diag L.
 W: Continue polka step with R ft - another 1/2 CW turn
 in LOD.
- 3-16 Repeat meas 1-2 seven more times (16 stamp-steps for M
 and 16 polka steps for W in all).
 M clap hands on ct 1 of meas 1,5,9, and 13.
- PART VI
- B 1-8 15 running steps in LOD as in Part IV. End with jump
 in facing pos (W makes 1/2 CCW turn).
- 9-16 Assume shldr-waist pos, turn CW in place as in meas 1-8
 of Part II. End in open pos with outside arms up, facing
 ctr.

Presented by Jacek and Bozena Marek