

POLKA DZWON

Poland

Pronounce "Polka Dzvone" and means the Bell Polka.

The dancers form a bell shape for a moment if they all execute the turn step properly.

This dance was learned from Edward Wawyziniak.

Record: Z Okolio Rzeszowa, LTN 1001 B, band 8.

Formation: Cpls scattered around circle. Parts I and II are done at will, but Part I should start at beginning of musical phrase.

PART I. TURNING STEP

- Same hold as Polka Przez Nogę, Part I. M faces RLOD.
- 1 Begin 1/2 turn CCW, step on M L, W R (ct 1).  
Step M R, W L (ct & 1).  
Step on M L, W R, completing 1/2 turn. Lean whole body all the way twd the ctr, while pointing the free ft high up behind but keeping your knees touching (ct 2).
  - 2 Recover and make 1/2 turn CCW taking 3 small steps (cts 1, &, 2).  
If all the cpls execute this step simultaneously and do the lean twd ctr and point the free ft, then they will creat a bell shaped figure.

Repeat this to the end of phrase or as desired.

PART II. REST STEP

May do same rest step as in Polka Przez Nogę, Part II or:

Face ptr, M faces RLOD, W LOD, same hold as Part I.  
Do flat-footed heavy step-together-steps with bent knees (cts 1, &, 2) in LOD. Polka is on full ft and much ground is covered traveling.

Presented by Morley Leyton