

Polka z Nogi from Lachy Sącz

(Poland)



The ethnographic region of Sącz (SOHNCH) lies in the southern part of Poland and is divided into two groups: Lachy and Górale (mountaineers). The Lachy folk culture originated in the Kraków region of Poland. The word “Lach,” derived from “Las,” which means forest, is an old name for the inhabitants of forests. Polka z Nogi (POHL-kah ZNOH-gee), or “Polka with Legs,” are dances in which, as the name indicates, the raising of the legs plays an integral part of the movements. There are many variations and the dance is found in several different regions. The Lachy Sącz (LAH-hih SOHNCH) versions have developed over the last few decades to include a combination of alternating directions (CW or CCW) while dancing LOD or RLOD, which make the dance quite exciting and challenging.

Pronunciation: POHL-kah ZNOH-gee from LAH-hih SOHNCH

Music: *Folk Dances from Poland, Vol. 5, Band 8.* 2/4 meter

Formation: Closed circle of couples. Begin in Closed-Dance Pos with M’s back to ctr of circle and W facing in.

Steps: Flat Polka Step: This step can be done to the R or L. Begin with both feet side-by-side. When going to R, begin by taking a small step on R to R with R ft flat on the floor and rotating in CW (ct 1); continue rotating CW by taking a small step with L (ct &); small step on R (ct 2); continue to rotate and lift free ft slightly off floor (ct &). In other words—3 small steps R,L,R while rotating ½ turn CW. This step is done while travelling in a circle either LOD or RLOD. It is not necessary to travel far in the circle. One meas is equal to 1/2 a revolution.

With Leg Step: Begins the same as the Flat Polka Step R,L,R (cts 1,&,2); with wt on R ft, bend the L leg bkwd at knee so that lower leg (below knee) is parallel with floor (ct &). The leg facing LOD is always the leg that is kicked back. This step is done while travelling in a circle either LOD or RLOD. It is not necessary to travel far in the circle. One meas is equal to ½ a revolution.

Walking step: As the name implies, this is a simple walking step fwd. Take 2 steps fwd R,L with flat ft (cts 1,2). Opp ftwk can be used. This step can also be used while rotating (pivot).

Zeskok: Jump onto both ft with slightly bent knees ensuring that both ft are side-by-side (ct 1); leave R ft on floor and extend leg onto ball of ft and kick L leg back, keeping knees together (ct 2); pause (ct &). Opp ftwk can be used.

Styling: Characteristic of this polka are very small steps and quick turns done on flat ft. Torso should remain erect. Circle is always travelling in LOD (CCW).

Polka z Nogi from Lachy Sacz—continued

Hands: Closed-Social Forward: Ptrs stand hip-to-hip facing LOD. M places R arm around W's waist and extends L arm out in front with palm facing up. W places L hand on M's R shldr and places R hand in M's L hand, palm down.

Closed-Social Reverse: Ptrs stand hip-to-hip facing RLOD. M places R arm around W's waist and raises slightly bent L arm over head. W places L hand on M's R shldr and places R hand in M's L hand overhead.

Closed-Social: Ptrs stand facing each other as in social dancing pos with extended arms remaining parallel to the floor.

MeasPattern

4 meas

INTRODUCTION. No action.I. EVERY TWO FIGURE

M begin with L, W with R. 3 full revolutions CCW in LOD (in Closed-Social pos):

1 Flat Polka step .

2 Leg step (M lift L leg / W lift R leg).

3 Flat Polka step.

4 Leg step (M lift L leg / W lift R leg).

5 Flat Polka step.

6 Leg step (M lift L leg / W lift R leg).

7- 8 Switch holds to Closed-Social Forward pos and take 2 Walking steps in LOD: M L,R,L,R / W R,L,R,L

9- 14 M begin with L ft, W with R. Three full revolutions CW in LOD (in Closed-Social arm pos).

9 Flat Polka step.

10 Leg step (M lift L leg / W lift R leg).

11 Flat Polka step.

12 Leg step (M lift L leg / W lift R leg)

13 Flat Polka step.

14 Leg step (M lift L leg / W lift R leg)

15-16 Remain in Closed-Social pos and make 1 full revolution by taking a Walking step while rotating CW (M L,R / W R,L) and then execute a zeskok with M throwing L leg back and W throwing the R leg back.

17-30 Repeat meas 1 through 14.

31-32 Similar to meas 15 except that M makes a 1/2 revolution only while W continues to make a full revolution so that the cpl end facing the ctr of the circle in the Closed-Social Forward pos. On meas 32, continue facing ctr and execute a zeskok with M throwing L leg back and W throwing the R leg back.

Polka z Nogi from Lachy Sacz—continued

II. IN AND OUT FIGURE

- 1-2 In Closed-Social Forward pos, take two Walking steps twd ctr of circle: M L,R,L,R / W R,L,R,L. Emphasize the last step by stomping ft on floor and bending knees slightly.
- 3-4 In Closed-Social pos take 2 With Leg steps CW, 1 full revolution away from ctr of circle. M begin R / W begin L.
- 5-6 In Closed-Social Reverse pos, take 2 Walking steps away from 2 ctr of circle: M R,L,R,L / W L,R,L,R. Emphasize last step by stomping ft on floor and bending knees slightly.
- 7- 8 In Closed-Social pos take 2 With Leg steps CCW, 1 full revolution twd ctr of circle. M begin L / W begin R. Cpls end in same spot as when they began Fig II.
- 9- 14 Repeat Meas 1- 6.
- 15-16 Repeat Meas 7- 8 except make a $\frac{3}{4}$ revolution CCW to end with M's back to ctr and W facing ctr of circle.

Repeat Figs I and II, 2 more times.

FOURTH AND LAST TIME THROUGH

Dance only Fig I and on Meas 16, replace zeskok with a jump on both feet while throwing the extended arms to the side of the body parallel to the floor and yelling "HEY!!!" Cpls finish facing ctr of circle.

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