

Volynska Polka – Волинська Полька

(Volyn, Ukraine)

This dance is from the Volyn region of Ukraine. The region lies in the northwestern Ukraine between the Podillia region in the west and Polissia in the north. The Volyn dance traditions have been greatly influenced by the long Polish rule. The hopping and spinning steps characteristic of these dances are emphasized by the swish of the women's skirts and the lower portion of the men's jackets. This dance was choreographed by George and Irina Arabagi.



Pronunciation: voh-LIHN-skah POHL-kah

Music: 2/4 meter *Ukrainian Dance Workshop, Track 3*

Formation: Couple dance with the couples in a circle facing CCW, inside hands held in V-position, free hands are on hips with closed fists.

Steps & Styling: Basic Step: Step fwd R (ct 1); step fwd L (ct &); step fwd R (ct 2); hop on R and lift L bent knee at 45 degrees (ct &). This is then repeated with opp ftwk.

Heels: Hop on L, placing R heel in front (ct 1); hop on L, raising the R knee bent at 45 degrees (ct &); three running steps R, L, R (ct 2, &). This is repeated with opp ftwk.

Volyn Arm Position: Couples faces ctr of the circle. M's L hand supports W's extended L arm; M's R hand and W's R hand joined above W's head.

Dos-a-Dos: M and W face each other with arms down. Four steps fwd R, L, R, L (cts 1, &, 2, &), with R shldrs fwd and four steps bkwd R, L, R, L (cts 1, &, 2, &), with L shldrs fwd, to circle back-to-back and return to original places.

Meas 2/4 meter Pattern

3 meas INTRODUCTION. No action.

I. BASIC STEPS WITH ARMS

1 M starts the Basic Step with L turning away from his ptr, extending L arm out to the side. W starts with R and also turning away from her ptr extending R arm out to the side.

2 M starts the next Basic Step with R turning to his ptr ending with his hand on hip. W does same with opp arm.

3-4 Repeat meas 1-2 three times; in the final meas M does 4 steps R, L, R, L.

II. BASIC STEPS TO THE CENTER (same ftwk)

1-2 Both beg with R ft. Cpl faces ctr with Volyn Arm Position. Cpl does one Basic Step fwd and one Basic Step bkwd.

3 M and W step R, L, R in place rotating individually 180 degrees CW, switching arm pos: R arms are lowered and L arms raised (ct 1, &, 2); stamp L without wt (ct &).

4 M and W step L, R, L in place, rotating 180 degrees CCW (ct 1, &, 2); stamp R next to L without wt (ct &). Bring arms to Volyn Arm Position.

5-8 Repeat meas 1-4.

III. HEELS, DOS-A-DOS

1 M and W face each other, M facing CCW. W is facing CW. Both start with R by doing Heels and making a circle CW in the air with R arm.

2 M and W start Heels with L and make a circle CCW in the air with L arm. The free hands are down.

3-4 M and W do one Dos-a-Dos.

5-8 Repeat meas 1-4.

IV. HEELS TO CENTER

1-3 Cpl face ctr with Volyn Arm Position. M and W do three Heels starting with R.

4 M does four runs L, R, L, R in place (ct 1, &, 2, &), M's R hand on hip and L arm extended to the side. W does four runs L, R, L, R, moving in front of M to the other side. W's R hand on M's L shldr and W's L hand in M's L which is out straight at shoulder height.

5-7 Repeat meas 1-3 with opp ftwk, arms are in previous pos.

8 Repeat meas 4, changing arms to Volyn Arm Position.

Sequence: Fig I, Fig II, Fig III, Fig IV. Repeat for a total of 3 times.

Presented by George & Irina Arabagi

