

POLCA DIN BĂTRÂNI

From Bucovina (northern Moldavia), Romania

It is usually rare to find polka type dances in Romania (the word is spelled with a “c” instead of a “k” in Romanian). This form of couple dance is a relative newcomer in the history of dance in Romania. It was introduced through the Scandinavian countries and then adapted to the context and peculiarities of each village. The Romanian *polca* is seen in Moldavia in a few variations (*Polca*, *Polcuța*) and differs enormously from the original that gave rise to it. In some Romanian villages, the *Polca* was adopted and is now considered a dance in the purest Romanian tradition. In fact, the name of the dance *Polca din bătrâni* means “Polka in the style of olden times!”

Formation: cpls in ballroom pos.

Position: Men facing LOD
Women back to LOD

Music: *Sonia Dion & Cristian Florescu, Romanian Realm Vol. 2, Band 5*

Pronunciation: pohl-KAH deen BUH-truhn(ee)

Meter: 4/4

Pattern of *Polca din bătrâni*

Meas. Count

1 1-4 **Introduction** (no action)

Figure 1

Ftwk described for M, W use opp ftwk (W start L ft bkwd)

Style: Couple bends upper body slightly to the side and in the same direction as the footwork (ex.: step fwd on R, bend toward R side). The swaying from side to side is done alternately on beats 1-2 of meas. 1-8. On beats 3&4 of meas. 1-8, the body is inclined (only once) in the direction of ct 3.

1 1 Step fwd on R
2 Step fwd on L
3 Step fwd on R
& Step L ball close to R
4 Step fwd on R

(3 & 4 = one two-step)

2 1 Step fwd on L
2 Step fwd on R
3 Step fwd on L
& Step R ball close to L
4 Step fwd on L

(3 & 4 = one two-step)

3-4 Repeat meas. 1-2

5-8 Repeat meas. 1-4 reversing direction (moving in RLOD), M starts bkwd with R ft.
W starts fwd with L ft.

Meter: 4/4 Pattern of *Polca din bătrâni* (continued)

Meas. Count **Figure 3** (continued)

7-8 Turning $\frac{3}{4}$ t. (CCW) together with 4 running two-steps, M starts with R ft.
Cpl turning with upper body (from waist) bent slightly in front.
Partners end face to face in ballroom pos. M facing LOD

Figure 1 (final)

1-8 same ftwk as meas. **1-8** fig. **1**

9 M does 3 walking steps in place (R, L, R), M helps his partner to turn with his L hand,
R arm is down alongside his body.

W turning 1 t. (CCW) in place with 3 walking steps (L, R, L) with R hand in L hand of
her partner, L arm is down alongside her body.

Partners end face to face, holding hands M's L hand with W's R hand at chest level (as
if M kisses W's R hand!)

Final pattern:

Repeat 5 times F1 + F2 + F3 until music ends with F1 (final).

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