

POLKA CIĘTA

Origin: Polka Cięta (POHL-kah CHEN-tah) is a couple dance in 2/4 time from Podegrodzie in the Nowy Sacz region, in southeast Poland. The settlers in the Nowy Sacz region came from two different ethnic elements: the farmers from ancient, culturally rich Kraków region and the shepherds from the Carpathian mountains. As a result, the Nowy Sacz region contains two folk cultures; one, of the Lachy (LAH-hih), the inhabitants of the plains in the picturesque valley of the Dunajec River, and the other, of the Górale (goo-RAH-leh), the inhabitants of the Beskid mountains. This mixture created a very interesting and rich folklore, an obvious example of it is the man's costume, which is royal blue like that of the Kraków people, and ornamented with patterns of embroidery similar to that of the Podhale mountaineers.

Polka Cięta is one of the dances of the Lachy people. Although it is called a polka, it contains almost no polka steps. The name derived from the verb "ciac" (chunch) - means to cut or to snip, because of a very fast moving step it contains. So maybe Polka Cięta could be called "snappy polka" in English.

Formation: Couples around in a circle in social dance position. M's back to center, W facing partner. Own feet about 10 inches apart, partners joined hands (M's L, W's R) raised above the level of their heads, arms slightly rounded.

Measures Introduction

1-2 No action

1 **FIG. 1 - STAMPS AND SLIDES** - (danced on knees deeply bent)
With head turned slightly in LOD, standing M on R foot, W on L foot, torso erect, do a weightless stamp (M-L, W-R), slightly increasing bend of the supporting leg, toes of the stamping foot facing LOD (count 1); slightly straightening the supporting leg (count 2).

2-4 REPEAT action of measure 1 three more times (4 weightless stamps in all)

5-8 Beginning M-L, W-R do 8 small, accented sliding step-together-steps, end w/weight on both feet.

9-16 REPEAT action of measures 1-8 with opposite footwork and direction, except lean slightly in RLOD

FIG. 2 - TURN WITH THE "CIETA" STEP

1-7 Assume shoulder-waist position and beginning M-R, W-L, turn CW in place w/14 light running steps, thighs vertical and lower legs kicking up in back. Do as many revolutions as possible.

8 Do 1 more running step (count 1); jump, landing w/both feet close together, knee bent (count 2)

9-16 REPEAT action of measures 1-8 (FIG. 2) w/same footwork, but opposite direction. End, releasing partner, M facing LOD, slightly rounded arms extended to sides & slightly FWD, W facing partner. Hands on own hips, fingers FWD, thumbs back, elbows slightly FWD.



...POLKA CIETA CONTINUED

FIG. 3 - CHASING FIGURE

- 1 M: dance this FIG. w/ knees bent and upper body always facing LOD. M standing on L foot, do a weightless stamp w/R foot, near other foot (count 1); do an accented step w/R foot FWD and diagonally to outside (count 2).

W: beginning R foot, do a 1/2 CW turn w/a small flat polka step, keeping eye contact w/partner as long as possible.

- 2 M: REPEAT action of measure 1 (FIG. 3) with opposite footwork, stepping FWD and diagonally to inside.

W: REPEAT action of measure 1 (FIG. 3) with opposite footwork.

- 3-16 REPEAT action of measures 1-2 (FIG. 3) seven more times (16 stamp-steps for M and 16 polka steps for W, total)

W: end with no weight on L foot.

M: may clap hands on count 1 of measure 1, 5 and 9.

FIG. 4 - TURN WITH THE "CIETA" STEP

- 1-16 REPEAT action of FIG. 2

REPEAT DANCE FROM THE BEGINNING