

POLOSKA
(Serbia)

- Source: Martin Koenig saw this danced at village celebrations in the village of Halovo in 1967.
- Recording: Originally issued on Balkan Arts 703. Reissued on Smoky Point Productions: Village Dances of the Balkans. 2/4 meter.
- Formation: Long line, belt hold, L arm over R.
- Note: This village, as so many others in the area of Zajecar (the largest nearby town), is inhabited by Vlachs, a Romanian speaking ethnic minority group who settled here many years ago. It is situated in East Serbia, right on the Bulgarian border, and near Romania. The area has seen much exchange between the peoples living on different sides of the borders, and, in fact, the borders have changed many times. The dances are characterized by small steps, high energy, twisting of the body and lots of wild stamping. Other dances from this village are Dansa, Ora, Patrusha, Todorka and Juta. *Chukche*: Bulgarian word-hop that doesn't leave the ground.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
		<u>I.</u>
1	1	Facing ctr, step sdwd to R onto R ft,
	2	Step L ft beside R.
2	1	Step slightly sdwd to R onto R ft.
	2	Lift L ft next to R.
3	1	Step slightly sdwd to L onto L ft.
	2	Step R ft beside L.
4	1	Step slightly sdwd to L onto L ft.
	2	Lift R ft next to L.
		<u>II.</u>
1-2		Repeat Fig I, meas 1-2
3	1	<i>Chukche</i> in place on R ft.
	2	Step onto L ft in place.
4	1	Accented step onto R ft in place.
	2	Step onto L ft in place.
		<u>III.</u>
1	1	Small leap / twist to R onto R ft.
	2	Small leap / twist to L onto L ft.
2	1	Small leap / twist to R onto R ft.
	2	Lift L ft next to R.
3-4		Repeat Fig II, meas 3-4.

POLOSKA (Continued)

Meas Ct

IV.
1 &
1 Stamp onto R ft in place.
Step onto R ft in place.
&
2 Stamp onto L ft in place.
Step onto L ft in place.
2 &
1 Stamp onto R ft in place.
Step onto R ft in place.
&
2 *Chukche* in place on R ft, free L ft is lifted, knee bent.
Hold.
3-4 Repeat meas 1-2 with opp ftwk and direction.

V.
1 Repeat Fig IV, meas 1.
2 &
1 Stamp onto R ft in place.
Step onto R ft in place.
&
2 Touch/step onto L ft (ball of ft) in place.
Step onto R ft in place.
3 &
1 Stamp onto L ft in place.
Step onto L ft in place.
&
2 Stamp onto R ft in place.
Step onto R ft in place.
4 &
1 Stamp onto L ft in place.
Step onto L ft in place.
&
2 *Chukche* in place on L ft, free R ft is lifted, knee bent.
Hold.

VI.
1-2 Repeat Fig V, meas 1-2.
3 &
1 Stamp onto L ft in place.
Step onto L ft coming slightly fwd.
&
2 Accented step/bend onto R ft coming slightly fwd.
Hold.
4 1 Step onto L ft coming slightly fwd.
2 *Chukche* in place on L ft, free R ft is lifted, knee bent.

VII.
1-2 Repeat Fig V, meas 1-2.
3 &
1 Stamp in place on L ft.
Step slightly fwd onto L ft.
2 Chug fwd onto both ft, knees slightly flexed.
4 1 Chug bkwd onto both ft, knees straight.
2 Hold.

POLOSKA (Continued)

VIII.

- 1-2 Repeat Fig V, meas 1-2.
3 & Stamp onto R ft in place.
1 Step onto R ft in place.
& Touch/step onto L ft (ball of ft) in place.
2 Step onto R ft in place.
4 & Stamp onto L ft in place.
1 Step onto L ft in place.
2 Chukche in place on L ft, free R ft is lifted, bent knee.
5 & Stamp onto R ft in place.
1 Step onto R ft in place.
& Touch/step onto L ft (ball of ft) in place.
2 Step onto R ft in place.
6 & Stamp onto L ft in place.
1 Step onto L ft in place.
2 Stamp onto R ft in front coming fwd slightly.
7 1 Shift wt, step onto R ft coming fwd.
2 Stamp onto L ft in front coming fwd slightly.
8 1 Step onto L ft coming slightly fwd.
2 *Chukche* in place on L ft, free R ft is lifted, bent knee.

IX.

- 1-5 Repeat Fig VIII, meas 1-5.
6 & Stamp onto L ft in place.
1 Step onto L ft in place.
2 Accented step/bend onto R ft in place.
7 1 Step onto L ft coming slightly fwd.
2 Accented step/bend onto R ft coming slightly fwd.
8 1 Step onto L ft coming slightly fwd.
2 *Chukche* in place on L ft, free R ft is lifted, bent knee.

Presented by Martin Koenig