

POLOSKA
(East Serbia, Yugoslavia)

Martin Koenig saw this danced in the village of Halovo in 1967.

Pronunciation:

Record: Balkan Arts 703-EP "Vlach Dances of East Serbia" 2/4 meter.

Formation: Long line, belt hold, L arm over R.

Steps: *Chukche: a Bulgarian word which is a hop that doesn't leave the ground.

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 Yugoslavia, 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 Yuta.

<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	Chukche* 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 to R onto R ft.
	2	Small leap to L onto L ft.
2	1	Small leap to R onto R ft.
	2	Lift L ft next to R.
3-4		Repeat Fig II, meas 3-4.

POLOSKA (Continued)

<u>Meas</u>	<u>Ct</u>	
		<u>IV.</u>
1	&	Stamp onto R ft in place.
	1	Step onto R ft in place.
	&	Stamp onto L ft in place.
	2	Step onto L ft in place.
2	&	Stamp onto R ft in place.
	1	Step onto R ft in place.
	&	Chukche in place on R ft, free L ft is lifted, knee bent.
	2	Hold.
3-4		Repeat meas 1-2 with opp ftwk and direction.
		<u>V.</u>
1		Repeat Fig IV, meas 1.
2	&	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.
3	&	Stamp onto L ft in place.
	1	Step onto L ft in place.
	&	Stamp onto R ft in place.
	2	Step onto R ft in place.
4	&	Stamp onto L ft in place.
	1	Step onto L ft in place.
	&	Chukche in place on L ft, free R ft is lifted, knee bent.
	2	Hold.
		<u>VI.</u>
1-2		Repeat Fig V, meas 1-2.
3	&	Stamp onto L ft in place.
	1	Step onto L ft coming slightly fwd.
	&	Accented step/bend onto R ft coming slightly fwd.
	2	Hold.
4	1	Step onto L ft coming slightly fwd.
	2	Chukche in place on L ft, free R ft is lifted, knee bent.
		<u>VII.</u>
1-2		Repeat Fig V, meas 1-2.
3	&	Stamp in place on L ft.
	1	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