Polomka

(Serbia)

This dance comes from eastern Serbia.

Pronunciation: poh-LOHM-kah

Music: 2/4 meter (counted as 1-e-&-a-, 2-e-&-a-) *Serbian Folk Dance, Vol. 3,* Track

Formation: Open circle, hands in belt hold, or V-pos.

Styling: Very small, light steps (not stampy)

Meas	2/4 meter	Pattern
8 meas	INTRODUCTION. No action.	
	I. FIGURE I. Facing ctr, moving CW. (music speeds up)	
1	Step L to L (ct 1); turning to face CCW, step R behind L (ct 2).	
2	Turning abruptly to face CCW, three steps in place L, R, L (cts 1, &, 2).	
3	Facing CW, beg R, four light steps CW (cts a-1, a-2). (Like a "bloop-bloop.")	
4	Continuing CW and beg R, three small light steps CW (cts 1, &, 2).	
	II. FIGURE II.	
1	Hop on R bringing L up and out to L side (ct 1); swing L around and step L in front of R (ct &), step back onto R in place (ct 2).	
2	Large step back L (ct 1); step R beside L, step L in place, (cts &, 2).	
3	Moving twd ctr, four steps fwd beg R (cts a-1, a-2).	
4	Step R fwd (ct a); step L fwd (ct 1); step R fwd (ct 2).	
	III. FIGURE II Variation	
1-2	Repeat Fig II, meas 1-2	
3	Step R in front of L (ct a); step L back to place (ct 1); step R next to L (ct a); step L in place (ct 2).	
4	Step R in front of L (ct a); step L back to place (ct 1); step R next to L (ct 2); touch L next to R (ct &).	
	III. FIGURE III. (high energy)	
1	Leap L to L (ct 1); step R behind L, ending with ankles close together (ct 2).	
2	Three steps in place L, R, L, (cts 1, &, 2).	
3	Light step R in place, bending knee (ct 1); heavy step L next to R (ct &); light step in place, bending knee (ct 2); heavy step L next to R (ct &).	
4	Light step R in place, bending knee (ct 1); heavy step L next to R (ct &); light step R in place (ct 2).	

Sequence: Dance each figure four times until the end of the music. On last meas, ct 2, stamp R.

Presented by Miroslav "Bata" Marčetić