

# Polomka

(Serbia)

Origin:	Eastern Serbia
Pronunciation	poh-LOHM-kah
Rhythm:	2/4
Formation:	Open circle, hands in belt hold, or V-position, facing centre.
Styling:	Very small, light steps (not stumpy); bouncy with an “up” feeling
Steps:	<p><i>Uneven steps:</i> Small light steps, like “bloop-bloop” steps. Step on R, landing on ball of foot for up motion of body; step on L, landing on flat of foot for down motion of body.</p> <p><i>Stumpy steps:</i> Step R in place with flat foot, bending knee for down motion of body, step L in place with flat foot, straightening knee for up motion of body, making slight stamp.</p>
Introduction:	No action – start when the music speeds up

## Meas      Pattern

### Figure 1: Facing Center

- 1      Turning body to face diag. R, step bkws on L (ct 1), step R behind L (ct 2).
  - 2      Turning abruptly to face RLOD, three quick steps in place L, R, L (cts 1, &, 2).
  - 3      Facing RLOD, four *Uneven steps* fwd, R (ct 1), L (ct &), R (ct 2), L (ct &)
  - 4      Continuing RLOD, three more *Uneven steps* fwd, R (ct 1), L (ct &), R (ct 2)
- Repeat Figure 1 (four times total)

### Figure 2: Facing Center

- 1      Hop on R bringing L up and out to L side (ct 1); swing L around and step L in front of R turning body right (ct &); step back onto R in place turning to face ctr (ct 2).
  - 2      With very small light quick steps in place, step L (ct 1); step R (ct &), step L (ct 2). These steps move slightly bkwd to counter the movement fwd in meas 3 and 4.
  - 3      Moving twd ctr, do four small *Uneven steps*, R (ct 1), L (ct &), R (ct 2), L (ct &).
  - 4      Continuing twd ctr, three more *Uneven steps* twd ctr, R (ct 1), L (ct &), R (ct 2).
- Repeat Figure 2 (four times total)

**Figure 2 Variation: Facing Center**

- 1-2 Repeat Figure 2, meas 1-2
- 3 Step R in front of L (ct 1); step L back to place (ct &); step R next to L (ct 2); step L fwd (ct &).
- 4 Step R in front of L (ct 1); step L back to place (ct &); step R next to L (ct 2).

**Figure 3: Facing Center**

- 1 Small leap L to L (ct 1); step R behind L, ending with ankles close together (ct 2).
- 2 Three small quick steps in place L, R, L leaving wt on L (cts 1, &, 2).
- 3 Four *Stampy steps* in place, R (ct 1), L (ct &), R (ct 2), L (ct &).
- 4 Two more *Stampy steps* in place, R (ct 1), L (ct &); slight stamp on R with flat foot and bent knee (ct 2). Measures 3&4: “um, pa, um, pa, um, pa, pa”
- Repeat Figure 3 (four times total)

## Sequence:

- Figure 1: 4 times  
 Figure 2: 4 times  
 Figure 3: 4 times  
 Figure 1: 4 times  
 Figure 2: 2 times  
 Figure 2 Variation: 4 times  
 Figure 3: 4 times  
 Figure 1: 4 times  
 Figure 2: 4 times  
 Figure 3: 6 times

Last meas: Step R (ct 1) and stamp L (ct 2).

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