

Sultana Polkova

(Veles, Macedonia)

Style: Typical urban pattern of dancing especially in the town of Veles. Women have slight hip movement.
Translation: The Sultan's jacket
Sheet Music: www.folkloretanznoten.de/SultanaPolkova.pdf
Formation: W-hold changing to V-hold as the tempo of the music increases

No introduction - start part way through Figure 1

Figure 1

- 1 Moving to R, lift on L (ct 1), step on R to R (ct 2), step on L across R (ct 3), step on R to R (ct 4)
- 2 Continuing to R, step on L across R (ct 1), step on R to R (ct 2), step on L towards centre (ct 3), step on R in place (ct 4)
- 3-4 Repeat Figure 1 meas 1-2 with opposite footwork, moving to L

Figure 2

- 1 Facing centre, with weight on L, lift on L raising R knee up (ct 1), step on R to R (ct 2), step on L in front of R (ct 3), step on R in place (ct 4)
- 2 Repeat meas 1 with opposite footwork
- 3-4 Repeat meas 1-2

Figure 1 with turn

- 1 Moving to R, lift on L (ct 1), step on R to R (ct 2), step on L across R (ct 3), step on R to R turning body to face LOD (ct 4)
- 2 Do half turn R to face RLOD stepping on L (ct 1), complete turn R to face centre stepping on R (ct 2), step on L towards centre (ct 3), step on R in place (ct 4)
- 3-4 Moving to L, same as Figure 1 meas 3-4 (no turn when moving left)

When music speeds up, bring the arms down to V-hold

Figure 1 with chassé

- 1 Moving to R, lift on L (ct 1), step on R to R (ct 2), step on L beside R (ct &), step on R to R (ct 3), step on L across R (ct 4)
- 2 Step on R beside L (ct &), step on L to R (ct 1), step on R to R (ct 2), step on L towards centre (ct 3), step on R in place (ct 4)
- 3-4 Repeat Figure 1 with chassé, meas 1-2 with opposite footwork, moving to L

Figure 1 with chassé and turn

- 1 Moving to R, lift on L (ct 1), step on R to R (ct 2), step on L beside R (ct &), step on R to R turning body to face LOD (ct 3), step on L turning R to face out (ct 4)
- 2 Step on R beside L (ct &), step on L continuing turning R to face RLOD (ct 1), step on R completing turn to face ctr (ct 2), step on L towards ctr (ct 3), step on R in place (ct 4)
- 3-4 Repeat Figure 1 with chassé and turn, meas 1-2 with opposite footwork, moving to L

Sequence: Alternate figures 1 and 2

Sequence on DVD:

Figure 1, 2, 1, 2, 1 with turn, 2, 1, 2, 1 with turn, 2, 1, 2, bring arms down, 1, 2, 1 with chassé, 2, 1 with chassé, 2, 1 with chassé and turn