

Moldovan Polka

Moldovan Polka is a traditional dance from the northern part of Moldova. It is always a couple dance. The dance was choreographed by George and Irina Arabagi.

Pronunciation: mol – doh – VAHN POHL -kah
Music: 2/4 Meter *Ukrainian & Moldavian Dance Workshop, Track 4*
Formation: Couples are in a circle facing CCW. M on inside and W to M's right. M's hands holding the belt in front. W's L hand is under M's R arm and her R hand is on hip with open hand, fingers fwd.
Steps and Styling: Triple Step with Stamp: Step R, L, R fwd (cts 1, &, 2); stamp with L heel next to R (ct &). Can be done with opp ftwk.

Meas 2/4 Meter Pattern

1 meas INTRODUCTION. No action

I MOVING CCW

1 Step R, L fwd (cts 1, 2).
2 Step R fwd (ct 1); slightly lift R heel, raising L knee in front (ct 2).
3-4 Repeat meas 1-2 going bkwd with opp ftwk.
5-7 Three Triple Step with Stamp going fwd starting with R.
8 Three steps L, R, L fwd (cts 1, &, 2); pause (ct &).
9-16 Repeat meas 1-8, W turns to face M in meas 16.

II FACE EACH OTHER

1 M faces CCW, his R hand is on W's back, his R arm extended out supporting W's R arm. W faces her partner, her L hand is on M's R shoulder and R arm extended out supported by M's L arm. Moving out of the circle as a couple, M step R to R with downward motion leaving L ft on the floor, swinging extended arms down (ct 1); drag L ft to R straightening R knee, returning extended arms to level (ct 2). W does opp ftwk.
2 Repeat meas 1.
3-4 Moving into the circle as a couple, repeat meas 1-2 with opp ftwk, swinging arms up on ct 1, and back to level on ct 2.
5 Three steps R, L, R going CW, making ¼ of circle (cts 1, &, 2).
6 Step L next to R (jump on both feet) bending both knees (ct 1); pause (ct 2).
7-8 Repeat meas 5-6.
9-12 Repeat meas 1-4, moving into the circle first, then out.
13-16 Repeat meas 5-8, ending facing CCW in the circle. W must turn ½ in meas 15-16.

III STAMPS IN PLACE

1 Stamp R, L (cts 1, 2)
2 Stamp R (ct 1); pause (ct 2).

Sequence: Fig I , Fig II, Fig I, Fig II, Fig I, Fig III, Fig II, Fig I, Fig II, Fig III

Presented by George and Irina Arabagi