

Na Polonyni – На полонині

(Western Ukraine)

Na Polonyni is a Ukrainian folk dance from western part of the Ukraine. This dance is one of the dances from the province of Hutsulshina. All of them are typically danced in a circle which breaks down into smaller circles and couples, circling to fast-paced music. The name of the dance means a dance on a glade. This dance was choreographed by George and Irina Arabagi.

Pronunciation: NAH poh- loh-NIH-neeH

Music: 4/4 meter *Ukrainian & Moldavian Dance Workshop, Track 2*

Formation: All dancers in a mixed circle facing CCW. M's hands are clasped behind his back. W's thumbs are in an imaginary vest.

Steps & Styling: Crossing Step: Step on R toes in front of L, turning head to L (ct 1); step L in place (ct 2); step on R toes to R, turning head to ctr (ct 3); step L in place (ct 4). Arms are in "V" position. This is then repeated.

Heels FWD: Facing ctr step R in place (ct 1); touch L heel in front bending R knee (ct 2), slightly tilting head to L. Arms are in "V" position extended fwd. This is then repeated with opp ftwk (cts 3 & 4).

Meas 4/4 meter Pattern

2 meas INTRODUCTION. No action.

I. WALKING/HOP STEPS (Moving CCW)

1 Four Walking steps R, L, R, L (cts 1-4). There is a corresponding movement of the head during the walk: As the dancer steps R, the head tips slightly to R; as the dancer steps L, the head tips slightly to L.

2 Step fwd R (ct.1); hop on R(ct.2); step L fwd (ct.3), hop on L (ct.4).

3-8 Repeat meas.1 -2 three times, ending facing ctr.

II. SIDE TO SIDE/CROSSING STEPS

1 Facing ctr, arms are in V-position, step R to R (ct.1); step L next to R (ct.2); step R to R (ct.3); hop on R and raise L knee at 45 degrees (ct.4).

2 Repeat meas 1 with opp ftwk.

3-4 Two Crossing Steps.

5-8 Repeat meas 1-4.

III. MOVING TO CTR/HEELS FWD

1 Moving to ctr three steps R, L, R (cts 1, 2, 3); hop on R (ct 4); holding arms in "V" position and raising them up.

2 Moving bkwd three steps L, R, L (cts 1, 2, 3); hop on L (ct 4); lowering arms.

3 Bend knees, and do Heels FWD steps: R (1), L heel (2), L (3), R heel (4).

4 Repeat meas 3.

5-8 Repeat meas 1-4.

Sequence: Fig I, Fig II, Fig III, a total of three times.

Ending: Figure III meas 1-7 as above, then meas 8: start Heels FWD: step R (ct 1), L heel (ct 2), step L in place (ct 3), step R next to L (ct 4) putting arms down to sides.

Presented by George & Irina Arabagi