

# Polocsia

Birca, Dolj, Oltenia, Romania

Polocsia, a men's dance, is a type of briulețul or "little briul". Alexandru David learned this dance from Costea Constatin of the Research House of Bucharest, and the dance was presented to North America by Alexandru and Mihai David.

**Formation:** Circle or lines, facing center. Hands in the "V" hold or back basket hold.  
No musical introduction.

## Figure 1

*measure*

- 1 Into the center R L R and a small hop on R
- 2 Out of center, backwards L R L with a small hop on L
- 3-6 Repeat measures 1 -2 twice again

## Figure 2

- 1 Step R in place, small hop on R while kicking L forward  
Step L in place, small hop on L while kicking R forward
- 2 Step R in place, small hop on R while kicking L forward  
Step L in place, small hop on L while kicking R forward  
Then swing R foot directly into position to start Figure 3

## Figure 3

- 1 Hop on L (lifting heel only) Touch R heel across L  
Hop on L (lifting heel only) Touch R heel diagonally to R  
Hop on L (lifting heel only) Touch R heel across L  
Hop on L (lifting heel only) Fall on R diagonally to right, while lifting L out to left
- 2-3 Falling back on L, repeat measure 1 twice again.
- 4 Hop on L (lifting heel only) while touching R heel across L at same moment  
Fall on R to the right while lifting L. Again, hop L while touching R heel across L  
Fall on R to the right while lifting L
- 5 Step forward L, step R in place. Step back L, step R in place
- 6 Repeat measure 5
- 7 Step forward L, step R in place. Step L to left Cross R over L, fall back on L in place,
- 8 Leap onto R (while swinging Left and landing L heel in front at same time as R foot lands)  
Step L forward slightly landing flat footed (while swinging R forward to start dance from beginning).

Repeat dance several times through in order.