

Osma Rane

(Poland)

Source: Taught to Eugene Ciejka by Frances Wesolowska, dance director for Polish National Alliance in New York City.

Formation: Couples. M & W facing LOD with M inside. Promenade position.

Step: This dance is composed of entirely one step, with minor steps for changing direction. Hop on R (ct 1), step on L (ct &), step R (ct 2), step L (ct &). Step described is for M, W use opp ftwk.

Measure Pattern

No introduction

Figure I - Polka and Jump Turn

- 1-3 Do three polka steps in LOD.
4 Small jump fwd on both ft (ct 1) push off on both ft and make $\frac{1}{2}$ turn twd partner (M move CW) to face LOD twd R (ct &), land on R while picking up L from knee so that sole of shoe is visible (ct 2), hold (ct &).
5-8 M now holds W R in L hand. Repeat meas 1-4 in RLOD, ending on meas 8 facing LOD using opp ftwk.

Figure III - Polka Step Traveling LOD Turning CCW

- 1-16 Shoulder waist pos. Dance 16 polka steps LOD turning CCW. M ends on inside of circle. Meas 1 of Fig 1 is used to return to proper hand hold.

Repeat Fig I, II, and 8 meas of III.
Repeat entire dance from beg, Fig I, II, III (32 meas).
Repeat Fig I, II, and 8 meas of III.
Repeat entire dance from beg, Fig I, II, III (32 meas).