

Czardasz Śląski

(Poland)



Czardasz Śląski, or Silesian Csardas, is a dance from the region of Cieszyn (CHYEH-shihn). Taking its influence from the Hungarian csardas it consists of 3 distinct melodies with varying tempos. Various forms of the csardas are also found in several other southern regions of Poland like Spisz (speesh) and Orawa (oh-RAH-vah). The locals of each of these regions adapted the dance to their liking and the results are an interesting blend of the two cultures. The czardasz from Cieszyn is no exception with its slow tempos and fancy footwork to the quick and lively polka sections.

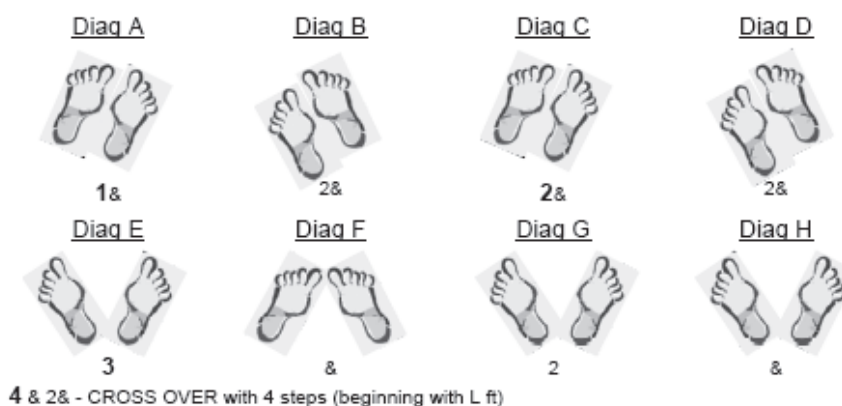
Pronunciation: CHAHR-dahsh SHLON-skee

Music: *Folk Dances from Poland, Vol. 5, Band 9.*

4/4 , 2/4 meter

Formation: Circle of cpls facing each other with M's back to the ctr.

Steps: The Twist: (4/4 meter) Travelling sideways to the R or L. R described below – use opp ftwk for travelling L. Complete twist takes 4 meas. Begin on (Meas 1: ct 1&) by slightly lifting the front of the feet off the floor and turn them to the R and put them down (diag A). On (Meas 1: ct 2&) put wt on the front and slightly lift heels off the floor and put them down (diag B). On (Meas 2: ct 1&) repeat Meas 1: ct 1& (diag C). On (Meas 2: ct 2&) repeat Meas 1: ct 2& (diag D). On (Meas 3: ct 1) Slightly lift front part of R ft and turn to the R so that heels remain together (diag E). On (Meas 3: ct &) slightly lift both the front part of the L ft and the heel of the R ft and turn them to the R (diag F). On (Meas 3: ct 2) slightly lift both the heel of the L ft and the front part of the R ft and turn R so that heels come back together (diag G). On (Meas 3: ct &) – Hold (diag H). On (Meas 4: cts 1&2&) change places with the person across from you by taking 4 steps beginning with L ft – 2 steps to crossover and 2 to execute a ½ turn CCW to end facing ptr.



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continued

Step-Together and Turn: (4/4 meter) Begin with ft side-by-side and toes pointed fwd.

Meas 1: Step on R to R (ct 1); step on L next to R (ct 2); repeat cts 1,2 (cts 3,4).

Meas 2: Make a full revolution CW with 3 steps R,L,R (cts 1,2,3); leave wt on R and bring L beside R (ct 4). Repeat with opp ftwk and direction. Complete step is 1 meas to the R and 1 meas to the L.

Szkrobok: (SHKROH-bohk) (4/4 meter) Derived from the Polish word skrobać (SKROH-bahch) meaning to grate or scrape, the step is done in place, on slightly bent knees while leaning the body fwd slightly. Begin with feet side-by-side and wt on L ft.

Meas 1: Slide the R ft fwd scraping it on the floor (cts 1-2); bring R ft back to its place while sliding the L ft fwd with a scrape (cts 3-4). Meas 2: Scrape 3 more times quickly with no holds—fwd R,L,R (cts 1,2,3); jump lightly onto both ft (ct 4).

Revolve and Hops (Individual step): (2/4 meter) Meas 1-2: Moving to R, make one full revolution by taking 4 steps R,L,R,L (cts 1,2,1,2). Meas 3-4: Small leap from L to R, while extending the L leg fwd (ct 1); keeping L leg fwd, take 3 hops on the R (cts 2,1,2). Can be done with opp ftwk and direction.

Revolve and Hops (Couple step): (2/4 meter) Meas 1-2: Stand with ptr in closed-social pos. 2 flat polka (turning chasse steps) LOD revolving CCW, making a 3/4 turn. Meas 3-4: While still revolving CCW a ¼ turn, M: leap onto R and extend L leg fwd, W: leap onto L with R leg extended and then both take 3 hops on the same ft.

Chassé: Step-together-step, either to the R or L.

Flat Polka: Cpls revolving CW (turning chassé steps with ptr).

Styling: Body remains quite erect throughout the whole dance with the exception of the Szkrobok step in which the body is bent fwd slightly from the waist. Ftwk is performed close to the ground and steps during the quick melodies are flat, low with slightly-bent knees.

Hands/Holds: Individual: Hands are placed on hips with fingers together at the front and the thumb extended around waist pointing bkwd.

Szkrobok Hands: Place hands behind back.


Revolve and Hop Individual Hold: Arms remain loose at side of body and make large sweeping movements when revolving; they remain parallel to floor at sides when hopping

Revolve and Hop with Partner: Closed-social dance pos.

Chassé Hold: Hold ptr's hands with arms extended out and to the sides—M's R hold W's L and vice-versa.

Polka Hold: Closed-social dance pos.

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<u>Meas</u>	<u>Pattern</u>
8 meas	<u>INTRODUCTION.</u> Cpls stand in one circle facing each other with M's back to the ctr of the circle.
	I. <u>SHIMMY TO THE SIDE</u>
1-4	Each individual travels to own R (M RLOD / W LOD). Use the 4 meas to execute the Twist Step including the cross-over so that M finish facing ctr of circle. Take small steps so as not to travel too far.
5-8	Each individual travels to R (M LOD / W RLOD). Use the 4 meas to execute the Twist Step including the cross over so that M finish with backs to the ctr of circle in original pos. Take small steps so as not to travel too far.
9-12	Remain in Individual Hold facing ptr and execute the Step-Together and Turn step. M travel RLOD to R and back; W travel RLOD to L and back.
	II. <u>SZKROBOK</u>
1-8	Put hands behind back and execute Szkrobok step 2 times facing ptr.
	III. <u>R AND H BY YOURSELF</u>
1-8	With free arms, execute Revolve and Hop Individual steps in RLOD (M go R / W go L) (meas 1-4); return to orig pos with opp ftwk (meas 5-8). Always remain in front of ptr.
9- 16	Repeat meas 1- 8.
	IV. <u>CHASSÉ</u>
1-4	Hold ptr's hands in Chassé Hold and take 4 Chassé steps in RLOD (M R / W L).
5- 8	Hold ptr's hands in Chassé Hold and take 4 Chassé steps in LOD (M L / W R).
9- 12	Put hands behind back and take 4 Chassé steps around ptr in a square motion starting to R.
	
13- 16	Repeat meas 9- 12 in opp dir to L beginning with back to ptr. End in starting pos.
	V. <u>R AND H WITH PARTNER</u>
1- 8	In Closed-social pos execute 2 Revolve and Hop Couple steps traveling in LOD while turning CCW.
9- 12	Continuing in LOD, execute one Revolve and Hop Couple step CCW.

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13-16 Continuing in LOD and switching revolution to CW, execute 4 Flat Polka steps with ptr (2 full revolutions).

(1-12) These meas can also be with CW rotation.

SEQUENCE: Complete dance involves performing the pattern (Figs I thru V) two complete times.

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