

JACOK  
(Poland)

JACOK is a couple dance in 2/4 meter from Rzeszów (ZHE-shoov) region in southern Poland.

Pronunciation:

Record: Dances of Poland 2/4 meter

Formation: Cpls around the circle facing ctr; W to R of ptr. M embraces W from behind, W L hand on ptr R shldr. Outside hands free, and held down.

Steps and Styling: Basic step: All steps are done in a rather heavy way, so the knees most of the time are bent; yet, as the steps are bouncy, make down-up movements without straightening the knees. In each meas take three steps only, but four bounces.

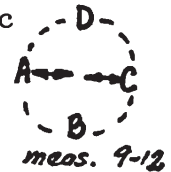
Rhythm of the steps: one - and - two - pause.

Rhythm of the bouncing: one - and - two - and.

<u>Meas</u>	<u>Pattern</u>
2 meas	<u>Introduction.</u> No action
	<u>MOTIF I - Melody A</u>
1	Beg with outside ft (M L, W R), do 1 Basic step twd the ctr moving diag fwd in CCW direction.
2	Beg with inside ft, go diag bkwd with 1 Basic step in the same CCW direction.
3-4	Cpl makes one full CW turn in place with 2 Basic steps. M goes fwd, W bkwd.
5-12	Repeat meas 1-4 two more times (three in all).
13-14	Repeat mas 1-2.
15	Separate from ptr with a 3/4 turn (M CCW; W CW) to end on the circle, M facing LOD, W RLOD.
16	Make two accented stamps in place (M R,L; W L,R). At the same time M folds arms in front of his chest, elbows at shldr level; W puts fists on hips, elbows fwd.
	<u>MOTIF II - Melody B</u>
1-6	M: Beg R ft, do 6 Basic steps in LOD. W: Beg L ft, stepping bkwd, do Basic step in LOD with 1/2 CW turn. Complete the turn with second Basic step. Do three full turns in all.
7	Change places with ptr making 1/2 CW circle. M now facing RLOD.
8	Two accented stamps in place, second wtless (M L,R; W R,L).
9-15	Repeat meas 1-7 moving RLOD, and changing places on meas 15.
16	Two accented stamps in place (M L,R; W R,L)no wt). End facing ctr and join hands in front, R hand over (basket).
	<u>MOTIF III - Melody A</u>
1-3	Beg with L ft crossing in front of R and make 3 Basic steps moving to the R (CCW).
4	Two accented steps: R,L.
5-8	Repeat meas 1-4 with opp ftwk and direction.

JACOK (Continued)MOTIF IV - Melody A (cont)

- 9-12 Sides A and C of the circle advance with 2 Basic steps twd each other (meas 9-10) and return to circle (meas 11-12).
- 13-16 Same action done by sides B and D.

MOTIF V - Melody B

- Double circle, ptrs facing; M in inside circle.
- 1-3 With 3 Basic steps M move RLOD; W LOD.
- 4 Two accented steps turning 1/2 CCW.
- 5-8 With 4 Basic steps return to ptr. M and W look at each other while passing. M from time to time put their arm up and shake the open hand as if to say: "Hallo."

MOTIF VI - Melody B (cont)

- 9-11 Place R hand on ptr R shldr, M L arm up with characteristic shaky hand; W L hand on own hip. Do 3 Basic steps making full CW turn in place (M facing LOD, W RLOD).
- 12 M: Basic step in place, release hold.  
W: Do 1/2 CW turn with Basic step in place to face LOD.  
M now embraces W from behind, W puts L hand on ptr R shldr.
- 13-15 Both make 3/4 CCW turn in place, to end facing ctr.
- 16 M helps ptr jump from his R side to his L. W steps with her L ft in front of ptr (ct 1); then jumps to M L side landing on both ft (cts &, 2). Both end with outside arms up, facing ctr.

Presented by Jacek and Bozena Marek