

Krzyzak

(Poland)

Krzyzak is a dance from the Rzeszow region in south-eastern Poland. The name means "Cross" dance.

Pronunciation: kuh-SHIH-zhahk

Cassette: Dance Poland 1997

3/4, 2/4 meter

Formation: Four cpls in a diamond pattern stay approximately eight feet from the center, Cpl A across from Cpl C, Cpl B across from Cpl D. Ptrs facing, W back to LOD in shldr/shldr-blade pos.

Steps: Traveling Step (2 meas):

M: Step fwd on R (ct 1); short step fwd on L (ct 2); step on R next to L (ct 3). Step bkwd on L, turning 1/4 CW (ct 1); step bkwd on R (ct 2); step on L next to R (ct 3).

W: Do opp ftwk and direction.

Within each meas, a characteristic upper body movement takes place, elbows moving up and down on each ct. As one elbow moves up, the other moves down. R elbow moves up with step on R ft; L elbow moves up with step on L ft.

Meas

Pattern

2 meas

INTRODUCTION. No action.

I. THE CROSS (slow tempo, 3/4 meter)

With 8 meas, cpls travel through 4 arms of the cross.

1-2 With one Traveling Step, cpl ends with M back to ctr.

3-4 With one Traveling Step, cpl ends with M R side to ctr.

5-6 With one Traveling Step, cpl ends with M facing ctr.

7-8 With one Traveling Step, cpl ends with M L side to ctr (beginning pos).

9-16 Repeat meas 1-8.

II. CHANGING SIDES (fast tempo, 2/4 meter)

1-4 Cpls A and C: Facing ptr, clap hands in front, spread both arms to sides, palms up, and change places with 7 gallop steps (side-close). While meeting in the ctr, pass through with "W inside. End with a jump on both ft in shldr/shldr-blade pos.

Cpls B and D: In semi-open pos, ML, WR hands joined, slightly bend knee of outside leg (MR, WL). On ct 1 of each meas, straighten knee and stamp ML, WR (no wt), upper body leans away from ctr, joined hands up; bend outside knee again (ct 2).

5-8 Repeat meas 1-4 with Cpls B and D changing pos while Cpls A and C (W is to L of ptr) do stamping with opp ftwk and handhold.

9-16 Repeat meas 1-8, with opp ftwk in stamping pattern. All cpls end in starting pos.

Krzyzak—continued

III. TURNING IN AND OUT; CIRCLES (slow tempo, 3/4 meter)

- 1-4 M (in place): Facing ctr with ft apart, shift wt alternately R, L, R, L.
W (turn): Beg R, do three 1/2 R (CW) turns twd ctr, then 1/4 turn CW to end with back to ctr.
- 5-8 M: Beg R, walk 11 steps to make a 1/2 CCW circle (3 steps per meas); hold (meas 8, ct 3).
W: Beg R, walk 1/2 CW circle (3 steps per meas); then walk twd outside of the circle, ending on ptr's R, facing ctr, wt on R.
- 9-12 Repeat meas 1-8 with opp ftwk and M dancing W's pattern, W dancing M's.
- 13-15 M: Beg R, walk 1/2 CW circle (3 steps per meas); then walk twd outside of the circle.
W: Beg R, walk 9 steps to make a 1/2 CCW circle (3 steps per meas).
- 16 Change places with ptr with 2 steps R, L (passing R shldr). End with W's back to ctr.

IV. GALLOP AND JUMP

- 1-4 Clap hands in front, spread arms to side and with 6 gallop steps, move to own R (M CCW, W CW); step to side on R and jump onto both ft, close together, bringing hands on hips. End facing the next dancer.
- 5-16 Repeat meas 1-4 three times to end in starting pos.

Repeat entire dance from the beginning.

Presented by Jacek and Bozena Marek