

**MARYNIA**  
(Poland)

This progressive dance for children was learned in Poland in 1963 by Lucy Wnuk. It was taught to her by Agnieszka Sądzimir, folk instructor at the Cultural Center in Warsaw. Marynia Comes from the Wielkopolska region in north-western Poland.

Music: Record: Bruno BR 50129 "Śląsk" - Vol 5, Side B, Band 5 (Pasala Wolki).

Formation: Single circle of cpls in ballroom pos, M facing LOD, joined hands held straight out at shoulder level.

Measures      Pattern

1-8                    INTRODUCTION

**I. TO CTR AND BACK (I)**

1                    Ptrs face slightly twd ctr and walk two stps starting outside ft. Joined hands held straight out.

2                    Stamp outside ft (ct 1); hold (ct 2).

3-4                  Repeat action meas 1-2 on opp direction using opp ftwork. M L and W R arms bent at elbow, hands joined across chest.

5-8                  Assume shoulder-waist pos, R shoulders adjacent. Starting M L, W R, walk 8 stps CW high on balls of ft, ending with cpls facing ctr, W to R of M

**II. HOOK ELBOWS**

1-4                  Dancers hook elbows in large circle and dance 4 step-closes in LOD.

5                    Point R toe diag fwd to R (ct 1); step on R next to L (ct 2).

6                    Point L toe diag fwd to L (ct 1); step on L next to R (ct 2).

7-8                  Repeat action of meas 5-6.

**III. TO CTR AND BACK (II)**

1-3                  Assume ballroom pos as in formation and dance 3 step-closes twd ctr.

4                    Step swd to ctr - M L, W R (ct 1); Stamp with wt - M R, W L (ct 2).

5-8                  Repeat action of meas 1-4 in opp direction using opp ftwork.

**IV. HOOK ELBOWS**

1-8                  Repeat action of Fig II, meas 1-8.

**V. TO CTR AND BACK (II)**

1-8                  Repeat action of Fig III, meas 1-8.

**VI. W TURN - PROGRESS**

1-2                  Cpls raise joined hands and W turns CW under them with 4 walking stps to end facing M. M stp 4 times in place.

3-4                  Drop joined hands and, passing R shoulders, walk 4 stps to new ptr. M in LOD, W in RLOD.

5-8                  Repeat action of Fig I, meas 5-8.

Continue dance with Fig II.

Presented by: Lucille Wnuk

Folk Dance Camp 1964