

Mazur

(Poland)

The Mazur is one of Poland's national dances finding its roots in the Mazowsze region. Done in $\frac{3}{4}$ meter, it is full of gliding and lively steps. The oldest figures of the mazur were forms of dance taken from ancient folk rituals or games, such as the "Odbiany" (rebounding) which contains traces of a dance which was done at weddings featuring the bride and the best man who attempts to protect her from the other ushers and from the groom. The mazur, like the Polonez, found its way to the gentry and the courts of the nobility and by the early 19th century became a popular social dance all over Europe. The music of the mazur gained world recognition with the compositions of Chopin and Moniusko and was soon introduced by many other composers into operas and ballets. It is worth noting that the national anthem of Poland is a mazur.



This choreography is done to the music from the ballet "Coppélia" composed by Léo Delibes (1836-1891).

Pronunciation: MAH-zoor

Music: *Folk Dances from Poland, Vol. 2, Band 5.*

$\frac{3}{4}$ meter.

Formation: Large circle of cpls, facing ptr in Promenade Variation pos. M's back to the ctr of the circle.

Steps: All steps are danced very smoothly and in a gliding manner and can be enhanced with accents, usually on the 3rd ct. All three steps mentioned below have the same characteristic of a hop on ct 1, followed by the longest step of the 3 on ct 2 and then a regular step on ct 3. There are numerous steps, variations and combinations and only those used in this choreography will be described:

Pas Marché: Small hop fwd on R (ct 1); elongated step fwd on L, extending it out over the floor (ct 2); small leap fwd onto R (ct 3). Can be done with opp ftwk.

Pas Chassé: Small leap onto L, bringing R ft off floor with toes pointed down and knee slightly bent (ct 1); slide R ft fwd along floor, extending straight L leg back with toes remaining on floor (ct 2); small hop on R, lifting L toes off floor while keeping this leg straight. (ct 3). Can be done with opp. ftwk.

Hołubiec: Also known as "coup de talon" or "heel click," this step is always done sideways in the LOD. Low leap onto R while clicking L heel (toes pointed down) to R heel in air and land on R (ct 1); elongated step sideways on L, keeping L leg straight and extending R leg back (ct 2); step on R next to L (ct 3). Can also be done with opp. ftwk.

Wybijany: Also known as "pas coupé," is a combination of 2 steps that takes 2 meas to execute. Step 1: Hołubiec. Step 2: Pas chassé. On ct 1 (small hop) a $\frac{1}{4}$ revolution must be made to face LOD.

Bow: W curtsy by bending the knees. M nod the head.

Mazur—continued

Styling: The styling and hand positions are similar to the Polonez.

Promenade position: (also known as the 1st position): Cpl stand beside each other facing LOD with M on W's L. M extends R arm fwd bent slightly at the elbow with palm facing in. W extends L arm fwd, bent slightly at the elbow and rests it upon M's R hand. Joined hands are held slightly below shldr level during the dance and should not move, however they should also not be stiff. M's L hand is extended out to the L parallel to the floor. W hold skirt out with free hand. May be done with opp pos.

Promenade Variation: Same as promenade pos except that cpls face each other instead of LOD.

Barrel position: Standing facing each other, cpl extend both arms out in front parallel to floor and join hands (M R to W L; M L to W R) with elbows slightly bent to form a circle.

MeasPatternINTRODUCTION

- 1-8 Hold.
- 1-4 M beg with L take 4 Pas Marché steps in an individual circles CCW twd the ctr of the circle and back to ptr. W do the same with opp ftwk and direction.
- 5-6 Holding in Promenade Variation pos, M facing ptr take one step to the L (LOD), W step to R and bow.
- 7-8 Repeat meas 5-6 in opp direction.
- 1-2 Opening to Promenade pos facing LOD, take 6 walking steps bkwd (RLOD) beg with outside ft (M L, W R).

FIGURE I

- 1-6 Cpls in Promenade pos facing LOD beg with outside ft (M L, W R), take 6 Pas Marché steps.
- 7-8 Cpls change direction to face RLOD by:
 Meas 7 – M does one Pas Marché step behind ptr by crossing L ft over R and throwing his L arm over the top of ptr's head, not releasing his R hand. W does one Pas Marche step CCW in front of her ptr holding on with her L hand and bending her head and body slightly so as to pass under ptr's arm.
 Meas 8 – Cpl stand erect with arms out to the side and parallel to one another, M Pas Marché bkwd, W Pas Marché in place.
- 9-14 Repeat meas 1-6 in RLOD.
- 15-16 Repeat meas 7-8 finishing so that the cpl face the ctr of the circle.

FIGURE II

- 1-2 Beg with outside ft, cpls dance 2 Pas Marché steps to the ctr of the circle. During 2nd meas, cpls let go of hands and do a ½ turn in twd each other (M – CW, W – CCW) to face the outside of the circle.
- 3-4 Beg with inside ft, cpls dance 2 Pas Marché steps twd outside of the circle. During the 4th meas, cpls do a ¼ turn twd each other (M – CCW, W – CW) to end facing each other and taking Barrel pos.
- 5-7 Cpls take 4 Pas Marché steps CCW – M beg L, W beg R.

Mazur—continued

- 8 Cpls open into Promenade pos to finish facing ctr of circle by taking one Pas Marché step bkwd.
 9-16 Repeat meas 1-8. End 8th meas so that the cpl continue to face each other with M facing LOD and W RLOD in Promenade Variation pos.

FIGURE III

- 1-2 Wybiany twd ctr of circle.
 3-4 Dance 2 Pas Marché steps individually away and back to ptr (M-CCW, W-CW) to return to same place as at end of meas 2.
 5-6 Holding in the opp Promenade Variation pos, dance Wybiany twd outside of circle with opp ftwk.
 7-8 Dance 2 Pas Marché steps individually away and back to ptr (M-CW, W-CCW) to come back to same place as at the beg of meas 1.
 19-16 Repeat meas 1-8.

INTRODUCTION

- 1-4 Individually take 4 Pas Marché steps. M beg L and go in a CCW circle twd ctr of the circle and back to end facing LOD as at the start of the dance. W beg with R and go in CW circle twd ctr and back to end next to ptr facing LOD in Promenade pos.

FIGURE I

- 1-16 Repeat Fig I, this time ending meas 16 facing each other with M's back twd ctr of circle and W facing ctr.

INTRODUCTION

- 1 Individually turn to L (CCW), W leaving arms extended out, M putting hands on hips.
 2 Bow.
 3 Individually turn to the R (CW).
 4 Bow.

FIGURE IV (PARTNER CHANGE)

- 1-3 Travelling individually in two different circles (M on the inside), take 3 Pas Marché steps starting with the L. M travel CCW facing the outside, W travel CW facing inside.
 4 Both turn CCW by taking 2 steps R-L (cts 1,2); hold (ct 3) to finish facing the 4th person away from original ptr and slightly to the L of the person, M back to ctr.
 5 Chassé with R ft (beg hop on L), M twd the outside of the circle, W twd the ctr, passing R shldr. On ct 3 both must do ½ turn CW end facing opp direction.
 6 Repeat meas 5 with opp ftwk and direction.
 7-8 In Barrel pos, and dance 2 Pas Marché steps ½ revolution CCW so that M finishes on outside of the circle looking twd ctr. On meas 8 take only 2 steps and hold on ct 3 to end with wt on R.
 9-11 Once again travelling in two different circles (M on the outside going CW), beg with L and return twd ptr.
 12 Repeat meas 4, slowing turn as the music slows down.
 13-16 Repeat meas 5-8 with M starting from outside twd ctr and ending back in original place in meas 1.

Mazur—continued

25-32 Repeat meas 1-16.

INTRODUCTION

1-2 In Promenade Variation pos facing ptr, M take one step to R (RLOD)—W one step to L, and bow.

3-4 Open to Promenade pos facing LOD.

1-16 Repeat Fig I.

1-16 Repeat Fig II.

1-2 In Promenade Variation pos, M facing ptr and LOD take one step to the L—W one step to R, and bow.

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