

Osa and Mach

(Poland)

Located in Eastern Poland is the city and region of Lublin where folklore is to this day still very popular. The folk music and dances of this region can be traced back to the 16th century. Lubelskie dances are not complex but offer simple movements and figures, but when done with vigor and grace can be quite beautiful. I have combined two Lubelskie dances below. The first is "Osa" which originated in Tatory (one of the districts of the present day city of Lublin) followed by "Mach," a fantastic show-off dance done at weddings, consisting of four parts that begin slowly and elegantly and increase in tempo as we dance through all four partitions ending with a whirlwind of spins. I was taught this dance in the early 1970's by my teacher Leokadia Magdziarz and was subsequently throughout the years, shown several other interpretations and variations by experts from the region. My thanks and appreciation to Jan Pogonowski, Zenia Stepowicz, and the late Ignacy Wachowiak for their contribution.

Pronunciation: OH-sah and MAH-ah

Music: *Folk Dances from Poland, Vol. 1, Band 2* 2/4 meter
Excerpt from "Folklorically Yours" CD recorded by the folk band of the Folk Dance Company Podhale of Montreal, Canada. Edited by Richard Schmidt.

Formation: Circle of cpls. M with backs to the ctr of the circle and hands on their hips. W facing ptrs with hands on their hips.

Styling: Couple.

Steps: OSA Running step: 1 complete running step takes 2 meas—fwd and bkwd, knees bent slightly. Step described for M. W use opp ftwk.
Meas 1: Leap fwd onto R leaving L ft in place (ct 1); leap fwd onto L past R ft, leaving R ft behind (ct 2).
Meas 2: Leap fwd onto R past L ft, leaving L ft behind (ct 1); jump fwd onto both ft, bringing them side-by-side (ct 2).

OSA Stamping step: Stamp twice with either L or R flat ft in place (cts 1,2).

MACH Basic step M (W use opp ftwk and direction): Step firmly fwd with L (ct 1); thrust R leg fwd slightly above the floor while bending the L leg at knee and turning head to the R to face ptr (ct &); repeat cts 1,2 with opp ftwk (cts 2,&).

MACH Pivot step M: Step back onto L while leaving ball of R ft on the floor (rocking motion) (ct 1); lean fwd putting wt onto R and raise L ft slightly off the floor (ct 2).

MACH Pivot step W: Lean fwd putting wt onto the ball of the R ft with L ft slightly raised off the floor (rocking motion) (ct 1); switch wt back to L leaving R ft where it is (ct 2).

While doing the rocking motion, cpls pivot CW in various increments (1/4, 1/2 revolutions).

Hand formations: Closed-Social Forward: Ptrs stand hip-to-hip facing LOD. M places his R arm around W's waist and extends L arm out in front with palm facing up. W places her L hand on M's R shldr and places her R hand in M's L hand palm down.

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Shoulder-Waist pos: Facing each other, M holds ptr by the waist while W rests her hands on his shldr.

Skater: Ptrs stand hip-to-hip, M to L of ptr. Hands are crossed in front—M's R hand holding W's R hand and placed against the W's midriff, M's L hand holding W's L hand and placed against the M's midriff.

MeasPattern

8 meas

INTRODUCTION (Osa)

- 1-2 Ptrs wait in place facing each other with M's back to ctr of circle.
 3 M stamp L ft, W stamp R ft.
 4 M stamp R ft, W stamp L ft.
 5-6 1 running step in opp direction from ptr, M twd ctr of circle (L shldr back), W twd exterior of circle (R shldr back)
 7-8 1 running step back to orig pos.

FIGURE 1 (Osa)

Ptrs move into the Closed Social-Forward pos facing LOD.

- 1-12 6 running steps in LOD.
 13-14 1 running step LOD except that on meas 14, the jump on both is done facing ptr.
 15-16 1 running step fwd (RLOD), M beg R, W L, ending the step by jumping on to both ft and end facing each other. The hold for this portion is reversed with M's L arm around W's waist and her R hand on ptr's L shldr.
 17-18 M: Turn to L one full revolution (L shldr back) LOD by taking 3 steps beg L (cts 1,&,2,&,1,&). Stamp with R (meas 18, ct 2). End facing ptr.
W: Use opp ftwk and direction. End facing ptr.
 19-20 Repeat meas 17-18 with opp ftwk and direction.

FIGURE 2 (Osa)

Same hold as Fig 1.

- 1-4 2 running steps (M bkwd, W fwd) turning 1 1/4 revolution CCW. Cpl ends facing ctr of circle.
 5-12 4 running steps (M fwd, W bkwd) turning 2 revolutions CW. Cpl ends facing the ctr of the circle.
 13-14 1 running step twd the ctr of the circle except that on meas 14, ct 2,& jump on both is done facing ptr.
 15-16 1 running step twd the outside of the circle. M start R, W L, ending the step by jumping onto both ft to face ptr. The hold for this portion is reversed with M's L arm around W's waist and her R hand on ptr's L shldr.
 17-18 M: Turn to L one full revolution (L shldr back) twd ctr by taking 3 steps beg L (cts 1,2,1); stamp R (ct 2). End facing ptr.
W: Use opp ftwk and direction. End facing ptr.
 19-20 Repeat meas 17-18 with opp ftwk and direction. End with M's back twd the ctr of the circle facing ptr.

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FIGURE 3 (Mach—Part A)

Cpls switch to Skater's hold.

- 1 In LOD, M step on L extending R ft out in front and turning head R to face ptr and W step on R with L ft extended in front and turn head L to face ptr (ct 1); repeat with opp ftwk and direction (ct 2).
- 2-7 Repeat meas 1 six times looking at ptr and away from ptr.
- 8 Take the first step (M R, W L) lifting the opp ft off the floor but leave it beside the other ft.
- 9 Change the direction by doing a 1/2 turn twd ptr, never letting go of the hand hold, step on inside ft, extending outside ft in front and looking away from ptr (ct 1); repeat with opp ftwk and direction (ct 2).
- 10-15 Repeat meas 2-7 looking at ptr and away from ptr.
- 16 Take initial step and end facing ptr (M's back to the ctr of the circle).

FIGURE 4 (Mach—Part B)

Ptrs face each other in Shoulder-Waist pos. R ft are slightly ahead of L ft and close to ptr's R ft. Lean slightly back and stand erect.

- 1-16 Cpls do 2 complete revolutions CW using 16 rocking steps in 1/4 increments. (12 o'clock, 3, 6, and 9 o'clock).
- 17-32 Cpls do 4 complete revolutions CW using 16 rocking steps in 1/2 increments. (12 o'clock and 6 o'clock).

Sequence: The dance begins with an introduction and is followed by Fig 1, Fig 2, Fig 1 of Osa immediately followed by Fig 3 and Fig 4 of Mach, The complete dance is done 4 times from beginning to end with the introduction repeated each time.
(Introduction, Fig 1, Fig 2, Fig 1, Fig 3, Fig 4) four times.

Dance notes by Richard Schmidt
Presented by Richard Schmidt