

POD BOREM
(Poland)

Source: Pod Borem is a simple version of the Krakowiak, a dance form that originated with the peasants of Krakow.

Music: Record: Bruno BR 50017 Side A, Band 2 "Poland in Song and Dance". 4/4 meter. Vanguard VRS 6001 or 9016 (At the Edge of the Forest)

Formation: Cpls facing, M back to ctr. Inside hands joined and held shoulder height, elbows bent. M L hand behind back at belt level. W R hand at hip, fingers fwd. Cpls do not have to be in a formal circle as long as all move in CCW (LOD) direction (as in free-style waltz).

Steps: Pas de Basque (2 to a meas): Leap swd on L (ct 1). Step R ft in front of L (ct &). Step in place on L (ct 2). Hold ct & but prepare for the next leap which is onto the R. Repeat Pas de Basque on the R for cts 3, &, 4.

Measures
3 meas

Pattern
Introduction. Start after the 4 chords.

FIGURE I
1-3 Beg M L, W R dance 6Pas de Basques in place. There will be some "away and together" movement.

FIGURE II
4 Beg M L, W R walk 3 steps in LOD, ending in a back-to-back pos (cts 1-3). Click free ft (M R, W L) to supporting ft (ct 4). M L hand may be on waist or move freely at side.
5 Beg M R, W L walk 3 steps in LOD, ending in a face-to-face pos (cts 1-3). Click free ft to supporting ft (ct 4).
6-7 Repeat action of meas 4-5. Finish face to face with both hands joined straight across and stretched swd.
8 With wt on M R, W L hop and click free ft to supporting ft 4 times (once on each chord). Move in LOD while clicking. Repeat dance from beginning 5 more times (6 in all). Last repeat has only 3 clicks.

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