

POLONAISE

Music In threes, counted 1 &, 2 &, 3 &.

Records: Many available. Recommend "Pozegnanic Ojczyzny,"
Buccaneer "Polish Dances." BC-1000.

It's common that the nobles adopted and refined a peasant dance, but here is a case of the rough peasant taking over a court dance and eventually making it the national dance of Poland. This dance is always proud, noble, and graceful. The gentlemen offer courteous assistance to the ladies at all times. Polish balls open with a Polonaise. The dance is done to a leader's calls. The following is a suggested format.

Formation: Cpls in a circle facing LOD, M on L, W on R. W have their L forearm resting on M's R forearm, palms are down. M lightly grasps W's fingers between his thumb and forefinger. W may hold her wide skirt with free hand, or free arm to side at waist level. There must be a LEAD cpl.

Basic Step: Step L (ct 1).
Step R (ct 2).
Step L (ct 3).
Bend L knee and brush R ft fwd (ct &).
Step always alternates sides.
M and W may be on the same ft or opp ft; I prefer opp ft.

Meas Movement

Variation I. Ladies to ctr.

1-4 W, with 4 basic steps, pass in front of ptr to ctr and turn to face ptr. M mark time in place, L,R,L, and touch R, R,L,R, and touch L. Repeat. Help lead ptr twd ctr.
5-6 W mark time.
M take 2 basic steps to ptr, assume orig pose.
7-10 With 4 basic steps return in a CCW sweep to circle.

Variation II. Bowing Step.

M & W side by side in standard formation.
1 M step L (W opp) (ct 1). Step R (ct 2). Step L (ct 3).
2 Step R (ct 1). Face ptr and step back on L ft (ct 2).
Close R ft, and bow (W curtsy) (ct 3).
Repeat by returning to side by side pos on ct 1 of next meas.

POLONAISE (continued)

Variation III. Wheels.

Select a Lead cpl every 8 to 12 cpls.. Each LEAD cpl casts off, away from ptr. Remaining cpls progress LOD to point where first cpl cast off, and then do same.

Leader takes 6-8 small steps in circle (M CCW, W CW) and form a star. When all of group are in star, make one complete turn. Lead cpl must time this to meet each other. Then each cpl peels off from star and progress in LOD along circle. Be sure to wait for your ptr as there is plenty of time.

Dance may be done in a circle around room, coming up ctr (Lead cpl starts at caller's signal), etc. Dance often ends in grand march with one cpl down ctr, peel off R and L, then two cpls, four, etc.

Presented by Morley Leyton

OD WLOCLAWEK - KUJAWIAK

Near Wloclawek, Poland

The Kujawiak is a type of dance coming from the Kujawi district of northern Poland and is characterized by slow 3/4 time. The melodies are in a minor key and a little sad and romantic.

Record: Muza NP 07 or Buccaneer "Polish Dances," BC-1000.

Formation: Cpls along a circle, facing each other, M inside, with inside hands joined. Free hands are on hips.

Meas

4 meas Introduction. Sway fwd on first ct of meas 1 and back on first ct of meas 2; repeat. Sway should be slight, dreamy.

Part I.

Steps are along LOD, but sway swings bodies away and together.

- 1 M (W opp) step L, hold (swing), touch R ft next to L.
- 2 Step R. hold, touch L ft next to R.