

PRZEWORSKA
(Poland)

Pronunciation: pshe-VOHR-skah

This is a polka from Przeworsk, a small town in the Rzeszów region, in the South-East borderline of Poland. Because it was danced at the fairs in Przeworsk, people from other parts of Rzeszów region were exposed to it and brought it home. Sometimes it is called the "wściekła" (mad, wild) polka. It has been researched in 1940 by a Rzeszów folklorist, Bożena Niżańska, who learned it from Wiktoria Żakowa, born in 1900. The music is in 2/4 time and has a slow part (Melody A) and a fast part (Melody B). The dance was introduced by Ada Dziewanowski at the Maine Folk Dance Camp 1970.

Record: Folk Dancer MH 45-4002; Music by Stanisław Szabat's Folk Orchestra from Rzeszów. 2/4 meter

Formation: Cpls in a single circle, facing each other, M facing LOD. M has R arm around W waist. W has L hand on his R shoulder. Outside arms hang down loosely.

MeasPATTERN1-2 INTRODUCTION.PART I.

- A 1 Ct 1: Leaning slightly in the direction of movement, with a slight swing of the outside leg, step twd the ctr of the circle sdwd on outside ft (M L, W R), knees relaxed. Ct &: Step on inside ft, still twd ctr, crossing over outside ft, knees relaxed. Ct 2: Step sdwd on outside ft, still twd ctr. Ct &: Bounce slightly on the outside ft while body starts to lean in the opp direction.
- 2 Repeat action of meas 1 with opp ftwork and in opp direction.
- 3-7 Repeat action of meas 1-2 two and a half more times. Note: with this slow relaxed step, cpl should correct the spacing among other cpls as proper spacing is very essential in the pivot of Part II.
- 8 Finish with two stamps (M: R,L, W: L,R), while M takes hold of the back of the W R hand with his L hand and places it on his L hip, holding it there.

PART II.

- The cpl will now pivot around the circle with deeply bent knees, making a full turn with two steps (1 meas).
- B 1 Ct 1&: Moving in LOD, M takes a long step through his heel with R ft, knees deeply bent, and does half a turn CCW; W does the same with L ft stepping bkwd. Ct 2&: Still with bent knees, M steps bkwd on L ft, W fwd on R ft and the cpl completes the full turn.

PRZEWORSKA (continued)

- 2 Repeat action of meas 1, Part II.
- 3 Ct 1: Moving in LOD, but not turning, M steps fwd on R ft, W bkwd on L. Ct &: They both bring their other ft close to the first one, straighten their knees and for a moment stand on the balls of their ft. Ct 2&: They sharply return to the bent knees pos and start the pivot again, as in meas 1, Part II.
- 4-15 The special Przeworska pivot takes two and a half measures. That is why each set starts in a different place of the music. During these 15 meas the cpl does a total of six sets (five quarter-notes to each set). While practicing the step it is recommended to count to oneself 1,2,3,4,5&.
- 16 Ct 1&: Moving in LOD, M steps fwd on R ft, W bkwd on L ft. Ct 2&: Both jump on both ft neatly together, knees bent.

Repeat dance from beginning five more times.

Presented by Ada Dziewanowski

Notes prepared with assistance of Mary Ann Herman. Please do not reproduce without permission of Ada Dziewanowski.