

PRZODEK SZAMOTULSKI
(Poland)

PRZODEK is the most characteristic dance from the region of Wielkopolska. "Szamotulski" means "from Szamotuly", a town located about 20 miles west of Poznan, the capitol of the region. PRZODEK is a two-part dance - the first is called czolenko" (choo-WEN-koh), which means "the shuttle" referring to the loom. It contains 10 measures (2x5 meas). The second part of the dance, "szpulka" (SHPOOL-kah) means "the spool". It contains 12 measures (2x6 meas) and is danced in several variations.

Pronunciation: PSHOH-dek shah-moh-TOOL-skee)

Record: Dances of Poland Side B/6 3/4 meter

Formation: Cpls anywhere on the floor, ptrs facing. M facing front. Hands joined, R with R, L with L, R hands over.

MeasPattern

1-2 Introduction. No action.

A Part I - The shuttle

1 M: Stamp with L ft (ct 1).

Cross R in front of L, R knee bent, toes down (cts 2,3)

W: Beg with R ft, take 3 steps to the R. On the 3rd step make 1/2 CCW turn without releasing hands.

2 M: Repeat meas 1 with opp stwk.

W: Beg with L ft, take 3 steps to the L.

3 Repeat meas 1.

4 Release hands. Both ptrs turn in place with 3 steps: M beg R ft and turns CW once around; W beg L ft and turns CCW once around.

5 Two accented steps in place (M: L,R; W: R,L). Rejoin hands.

6-10 Repeat meas 1-5.

B Part II - The Spool - Variant 1

In meas 1-6 W goes around ptr in CCW direction; in meas 7-10 both swing, looking at each other; in meas 11-12 W returns in front of ptr.

1 Only R hands are joined; L fists on hips. Beg with R ft, W takes 3 steps around ptr in CCW direction at the same time making 1/2 CCW turn under joined hands. End back to ptr. M stands in place, turns his head to L, looking at ptr.



PRZODEK SZAMOTULSKI (Cont'd)

- 2 W continues CCW circle around ptr, beg L ft, ending after 3rd step in front of ptr.
M turns head to R, looking at ptr.
- 3-4 Repeat meas 1-2. (W makes another circle in CCW direction around ptr).
- 5 Repeat meas 1. (Ptrs back-to-back).
- 6 Pause.
- 7 Without releasing hands, both swing to their L and look at each other.
- 8 Swing in opp direction, look at each other.
- 9-10 Repeat meas 7-8.
- 11 W, beg L, take 3 steps CCW to end in front of ptr.
- 12 W ends in front of ptr in facing pos. Join both hands. Do 2 accented steps in place (W: R,L; M: L,R).
- A Part III - The Shuttle (Repeat Part I).
- B Part IV - The Spool - Variant 2
- 1 Repeat Variant 1, meas 1 (W ends back to ptr).
- 2-4 Both swing L,R,L (meas 7-9, Variant 1).
- 5 Beg R ft, W takes 3 steps to her R (the way she came from), ending in front of ptr.
- 6 Release R hands, join L hands, do 2 accented steps: L,R.
- 7-12 Repeat meas 1-6 of Variant 2 with opp ftwk and direction. At the end, join both hands.
- A Part V - The Shuttle (Repeat Part I)
- B Part VI - The Spool - (Variant 3)
- 1-6 W holds M R forefinger, and under his raised R arm makes CW turns in place with 3 steps per meas, 3 full turns in all.
- 7-12 M claps hands; ptrs hook L arms; M R arm extended diag upward; W R fist on hip. Look at each other. Beg R ft, cpl turns CCW in place. With every 3 steps make 1/2 circle. With 18 steps cpl makes 3 full CCW turns in all. End in facing pos and bow to each other.

Presented by Jacek and Bozena Marek