

SIANO GRABAŁA
Poland

Pronounced "Sha-no Grah-bah'-wah." Translates as "She Was Raking The Hay."

This dance was learned from Edward Wawyziniak. It can be found in Tance Z Okolic Rzeszowa, by L. Nartowska, CPARA, 1967.

The Chodzony as done in Parts II, IV, VI, and VIII represent the peasant dance from which the Polonez comes. The word means simply "walking." The Chodzony is done throughout Poland.

The words:

Siano grabała, owies wiązała,
po tej robocie tydzień leżała.

Oj leży, leży, boła ja kości,
Nie od roboty, tylko od złości (repeat)

Oj leży, leży, nie sie wyleży
będzie grabił jak sie wyleży

Moja Kasienka robotna była
bo przez cały dzień wszystko zrobiła (repeat)

Oj, leży, leży, kiejby na męce
wszystko poziera na moje ręce

Na moje ręce, na moje nogi
wszystko poziera, Boże mój drogi. (repeat)

Record: Z Okolice Rzeszowa LTN 1001 A, band 7.

Formation: Lines of 8-12 W facing line of ptrs, about 10-12 ft apart. Fists are placed on belly, thumbs pointing back or tucked inside the fist. Place the elbows well fwd, but tip other part of the torso. Stand close to the next person and place R elbow over L elbow of next dancer. Before dance begins, count off from M at R end of line, odd and even cpls.

PART I

M and W same.

1-8 Step close with a small bounce on each beat, to your own R for all of Part I. With each step do one Rzeszów elbow shake. Move along the sides of a square, first person making a L face turn, and each person thereafter making a clean sharp L face turn at the same spot as they arrive there. Move along new side of the square, spacing the rate of progress so that you end up facing ptr.

SIANO GRABALA (continued)

PART II. CHODZONY

- 1 M takes Polonez step across square twd ptr.
Walk R (ct 1), L (ct 3), dip on R ft (ct 3), brush L ft fwd (ct &).
- 2 Take second Polonez step, minus the brush, reaching your ptr.
- 3-4 M slap L hd on R hd, continue movement in downward sweep and up until straight over head and do Rzeszów hd wave for 4 meas. At same time, R hd remains fwd, palm up to ptr. W place R hd, palm down on M R hd, and L hd on top of that while the ft begin two large Polonez steps back twd M's line.
Begin M R, W L.
- 5-6 Take 2 small Polonez steps twd W's line.
- 7-8 M and W return to own line with two small Polonez steps. Place fists slowly back on belly in large sweeping movement.

- 1-8 PART III. Same as Part I.

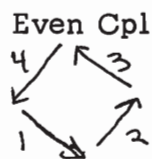
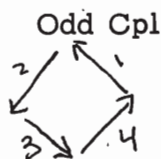
PART IV.

- 1-2 W take 2 large Polonez steps fwd to M's line. Begin L ft.
- 3-4 W place hds palm down on ptrs hds, palms up and at same time begin 2 large Polonez steps twd W's line.
- 5-6 Take 2 small Polonez steps twd M's line.
- 7-8 Same as Part II, meas 7-8.

- 1-8 PART V. Same as Part I.

PART VI.

- 1-2 M & W take 2 small Polonez steps fwd to meet ptr.
- 3-6 Same hold as Part IV, meas 3-4. Odd M go fwd, even M go bkwd. Do not change orientation; cpls do a dos-a-dos in 4 Polonez steps, moving in a diamond pattern.



If there is an extra cpl, they may cut up in Rzeszów style, doing hd wave, turn in place, etc., as in rest step of Polka Przez Nogę, Part II.

- 1-8 PART VII. Same as Part I.

PART VIII.

- 1-2 Same as Part VI, meas 1-2.
- 3-8 Give ptr inside hd, M makes L face turn, W R and do Polonez steps off the floor.

Presented by Morley Leyton

FOLK DANCE CAMP - 1971