

Sztajerek

(Poland)

Sztajerek (stah-YEH-rek) is a couple dance in waltz rhythm from the region of Nowy Sacz (NOH-vih SONCH) in southern Poland. The name "Sztajerek" is a regional word for "waltz." It was presented by Jacek and Bozena Marek at the 1986 University of the Pacific Folk Dance Camp.

RECORD: Dances of Poland Presented by Jacek and Bozena Marek Side A/6 3/4 meter

FORMATION: Cpls in closed (ballroom) pos, M facing LOD.

STEPS and

STYLING: Waltz: May be danced in any direction or while turning. Step on R (ct 1); step on L (ct 2); step on R beside L (ct 3); Step alternates.
The waltz steps are danced smoothly and serenely.

MUSIC 3/4

PATTERN

Measures

4 meas INTRODUCTION No action.

I. TO THE OUTSIDE; TO THE INSIDE, WALTZ

- A 1 M: Step slightly fwd in LOD on R ft, bending knee and toe turned out (ct 1); straightening R knee, place L ft in front of R (L knee straight and toe pointed in LOD) (ct 2); hold (ct 3).
W: Step on L ft diag bkwd twd outside of circle (ct 1); place R ft close behind L heel, raising both heels (ct 2); lowering heels, shift full wt onto L ft (ct 3). During these meas make approximately 1/8 turn CW twd outside of circle.
- 2 Repeat meas 1 with opp ftwk and direction, W making 1/4 turn twd the inside of the circle.
- 3-4 In closed pos and beg M R, W L, make one CW turn in LOD with 2 smooth waltz steps.
- 5-16 Repeat meas 1-4 three more times (4 in all). End with M facing LOD.

II. LEAP, STAMP AND WALTZ

- B 1 M: Releasing W R hand, leap slightly fwd in LOD onto R ft, bending knee and toe turned out (ct 1); straightening R knee, stamp L (full ft with toe pointed in LOD) close to R, putting L hand on hip (ct 2); hold (ct 3).
W: Leap onto L ft diag bkwd twd outside of circle, extending R arm low to R side (ct 1); touch ball of R ft near L heel, looking at R hand (ct 2); hold (ct 3). W is at M R side, L hand still on ptr R shldr, M R arm around W waist.
- 2 Repeat meas 1 with opp ftwk and direction. W leap to M L side (twd ctr) putting R hand on M L shldr and looking at L hand. M put L arm around W waist.
- Note: During meas 1-2, M gives a lead to ptr on the leaps with the arm that is around her waist.
- 3-4 In closed pos and beg M R, W L, make one CW turn in LOD with 2 smooth waltz steps.
- 5-16 Repeat meas 1-4 three more times (4 in all).
- Note: During Fig II emphasize the difference between meas 1-2 (jumpy) and meas 3-4 (smooth and peaceful).

Repeat dance from beginning two more times.