

## Walc Kurpiowska Puszcza Zielona

(Poland)

The basic folk waltz or walc (“vahls”) as it is known in Polish is a universal dance done by many the world over at social gatherings and weddings. It is by no means a ballroom waltz, but it does have its own character. What distinguishes the Kurpie Waltz from that done in other Polish regions is the lightness and speed of the steps along with the occasional pivoting with bending of a knee to throw the foot behind the dancer. The title translates as the Green forest waltz form Kurpie.

Dancers should stay quite erect with shldr back and arms extended out parallel to the floor. They should also remain quite close to each to facilitate the quick rotations. Choreographed by Richard Schmidt.



Pronunciation: vahls KOOR-pee-off-skah POOSH-cha ZEH-loh-nah

Music: 3/4 meter *Folk Dances of Poland by Richard Schmidt, Stockton 2012, Track 2*

Formation: Couples in a circle facing each other in social dance position with M facing CCW. It is important to keep the steps light and to execute pivots on the ball of the foot. The dance should be smooth and easy-going although posture should be quite erect.

Steps & Styling: Waltzing Steps: Men step R fwd to start a CW half-revolution followed by two more steps (L, R) in place to finish facing CW. W use opp ftwk beg with L ft and stepping bkwd. One complete revolution takes two meas, so M continue turning on meas 2, stepping L bkwd and two more steps (R, L) to finish facing CCW.

Waltzing with Throw Steps: Same as Waltzing Step above, except in meas 2, M step L bkwd and throw R ft behind by bending R knee and bringing knees together while pivoting on R. (W use opp ftwk.)

Double Pivot Steps: Same as meas 2 of the Waltzing with Throw Step, but alternating ftwk. M step on R and pivot R, bringing L ft up behind completing a half-rotation; then step on L and pivot L with R ft up behind to complete the revolution. (W use opp ftwk.)

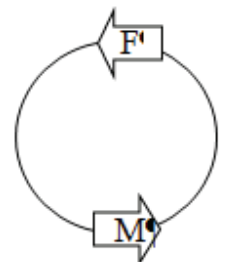
Meas                      3/4 meter                      Pattern

4 meas                      INTRODUCTION. Couples in a circle facing each other in social dance position with M facing CCW. No action.

I. FIGURE I

1-2                      Cpls waltz fwd and bkwd with no turning. M step R, L, R fwd and then L, R, L bkwd. W use opp ftwk and direction.

3-4                      Repeat ftwk of meas 1-2 while raising M's L hand so W waltz under the arm making a full turn R. M does 2 waltz steps in place, starting with R ft and raises his L hand (and W's R hand); W does 2 waltz steps in small circle to her R (CW) under the M's L arm. M's R arm swings fwd on meas 3, as if guiding his ptr under his arm, and swings back on meas 4.



## Walc Kurpiowska Puszcza Zielona — continued

- 5-8 Cpls hold hands facing each other and take 4 Waltzing Steps (M beg R ft, W beg L ft) without turns, traveling in their own little CCW circle to end back in original places ptr's facing; M faces CCW.
- 9-14 Six turning waltz steps (M starting R, W L) moving CCW, half turn with each meas.
- 15-16 Repeat meas 1-2.
- II FIGURE II.
- 1-4 Traveling CCW along the circle of dancers, cpls use two Waltzing with Throw Steps making two complete rotations CW.
- 5-6 Traveling CCW along the circle of dancers, cpls use Double Pivot Step, making one complete rotation CW.
- 7-8 Cpls use Waltzing Step but make only a half-rotation to end with M facing CW.
- 9-16 Repeat meas 1-8 moving in CW; end with M facing CCW.

Sequence: Dances goes through six times as presented above.

Presented by Richard Schmidt