

# Walc Sadezki

(Poland)

Walc Sadezki is a two-part dance from the region of Nowy Sacz in southern Poland based on the waltz step. Figure I is 12 measures and Figure II is 14 measures.

Pronunciation: VAHLTZ sah-DEHZ-skee

Cassette: Dance Poland 1997

3/4 meter

Formation: Cpls around the circle in ballroom pos, W back to LOD. ML, WR hands on M's hip.

Steps: All steps done with a slow run, 2 steps per meas.

## Meas

## Pattern

No introduction.

### I. RIGHT AND LEFT WALTZ TURNS IN LOD

- A 1-2 Beg with MR fwd, WL bkwd, do 1 full CW waltz turn (1/2 turn per meas).  
 3 M step on R (ct 1); stamp twice on L, no wt (cts 2,3). W use opp ftwk. Simultaneously straighten joined hands and lean twd ctr.  
 4-5 With joined hands on M's hip, repeat meas 1-2 with opp ftwk, turning once CCW.  
 6 Repeat meas 3 with opp ftwk. Lean twd outside of circle (do not straighten arms).  
 7-12 Repeat meas 1-6.

### II. WALTZ LOD, RLOD

- B 1-6 In social dance pos, beg MR, WL, do 3 full waltz turns in LOD. End in open pos, both facing ctr, W to R of ptr, outside arms (ML, WR) straight out to side.  
 7 M stamp R with wt (ct 1); stamp L, no wt (ct 2); hold (ct 3). W use opp ftwk.  
 8-13 Repeat meas 1-6 with opp ftwk, doing 3 CCW waltz turns in RLOD.  
 14 In beginning pos, M facing LOD, W RLOD, repeat meas 7 with opp ftwk.

Repeat the entire dance from the beginning 2 more times.

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