

Bohemian Polonaise

(Poland/Czech Republic)

Choreographic arrangement by Richard Powers based on a reconstruction by Frantisek Bonus (1919-1999). These are Polonaise variations as danced in Bohemia in the 19th century.

Prof. Bonus' long and complex original choreography was intended for stage performance by a professional company. This version is still challenging but has been shortened to a social form danced for pleasure.

Pronunciation:

Music: "Z Horicka," on Camp CD.

Rhythm: Slow 3/4 time.
Tempo: 96 beats/minute.

Formation: Cpls in a processional arrangement, W at the right side of M.

Steps and Styling: Tall and elegant.

Ftwk described for M; W use opp ftwk.

Polonaise Step: On preliminary ct 6, plié, extending outside ft (M's L, W's R) fwd; step fwd strongly onto the ball of the ft, standing tall (ct 1); on cts 2 and 3, walk elegantly two more steps (cts 2,3); plié immediately after taking the 3rd step. Repeat with opp ft.

Polonaise Chassé R: Step fwd R onto ball of ft and immediately cut L under R (ct 1); walk fwd on R (ct 2); walk fwd on L (ct 3). Repeat two more times. On 4th meas, walk fwd 2 steps then close ft together.

Balancé: Step side on L (ct 1); close L to R rising (ct 2); fall (ct 3). Repeat opp ftwk.

Polonaise Pas de Basque: Step side L (ct 1); cross R over L with plié and coupé of R behind L (ct 2); return wt to the L ft (ct 3); step side R (ct 4); close L to R rising (ct 5); fall (M presenting low, open arms) (ct 6).

Balancé Ouvert: Step side on R, turning 45 degrees to the R (ct 1); point L to ptr (ct 2); hold (M drawing arms akimbo) (ct 3).

Meas

Pattern

PART I

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| 1-4 | Introduction. No action. |
| 5-8 | Honor ptrs: Face ptr on meas 6, bow on meas 7, rise and face LOD on meas 8. The bow: M inclining fwd bending slightly at the waist. W plié, keeping head upright. |
| 1-6 | Polonaise fwd LOD: Use Polonaise Step. Take inside hands in Open Position, leading W slightly in front, free hands down at sides (not akimbo). |
| 7-8 | Change over: M steps fwd then closes second ft to the first as he leads his ptr around to his left, to Protective Position (his R arm extended behind her back), ending with step, close-rise, fall. |

Bohemian Polonaise—continued

- 9-14 Polonaise fwd LOD: Beginning on the new outside ft (M's R, W's L).
 15-16 Change over: M stop and unfold ptr so that cpls face each other, M's back to ctr.
 17-20 Right Hand Turn: R palm to R palm, M's free arm akimbo, both step Polonaise Chassé R.
 Then M leads the W to return back to Open Position, retaking inside hands.
 21-24 Polonaise fwd LOD.
 25-28 Left Hand Turn: Mirror-image of R Hand Turn, beginning L ft and leading M back to his
 place at end.
 29-32 Polonaise fwd LOD, ending with step-step-close on the last meas, facing ptrs.

PART II

- 1-2 Balancé: Men draw arms akimbo on Balancé, then drop arms.
 3-6 Polonaise Pas de Basque beg L. Repeat opp ftwk, beg R.
 7-8 Balancé Ouvert to the R side. Repeat to the L side, closing free R ft to the supporting ankle
 without wt on ct 6.
 9-10 Cross over: Polonaise Step fwd, beg R, passing ptr by the R shoulder. Hook to the right upon
 passing, then curve left to face, ending with a rise-fall. The path is S-shaped.
 11-18 Repeat the Pas de Basque and Balancé Ouvert reversing all footwork.

PART III

- 1-4 All cast off: Circle individually to the L with 12 simple walking steps, beg. outside ft, to end
 facing ptrs in a single-file circle. M is facing LOD, W faces him, facing RLOD.
 5-12 Grand Chain: Beginning with R ft, Polonaise fwd passing R shoulders, passing L shoulders
 with next, weaving R and L. Face 7th vis-a-vis and turn halfway around to head back home,
 ending with step-rise-fall.
 13-20 Grand Chain: Beginning with R, Polonaise fwd passing R shoulders and weaving R and L.
 21-23 All take hands in one large circle and circle L with Polonaise Step.
 24-26 Give ptr free hand and circle CW one full turn, on open 2-hand hold.
 27-28 All taking hands in one large circle, advance to the ctr with 6 walking steps, raising hands,
 and bow.

ALTERNATE ENDING

Alternate ending for exhibition (when you don't want to turn your backs to the audience):

At the end of the Grand Chain, when you arrive back home, take ptr's R hand and turn in
 place, all ending facing RLOD and taking Protective Position: Keeping R hands, M holds L
 arm horizontally behind his ptr's back.

- 21-23 Promenade: In Protective Position, Polonaise Step fwd RLOD beginning R.
 24-25 Turn in Place: Turn ptrs CW a full turn, maintaining Protective Position, men slightly backing
 26 Step away from ptr keeping L hand.
 27 M kneels to one knee.
 28 M kisses W's hand.

Presented by Richard Powers

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