

ADA'S KRAKOWIAK  
(Poland)

Pronunciation: AH-dahs krah-KOH-vyahk

Polish national group dance originating in the Kraków region. Arranged by Ada Dziewanowski.

Music: Record Miza XL 0203 "Farewell to My Country," Side B, Band 4, "Na krakowskim rynku," (On the Kraków Market).  
2/4 time.

Steps used: Galop (gah-lohp): Step-close; two to one measure, ending phrase with a zeskok (zes-kohk) - jump on both ft close together.  
Akcentowany (ahk-tsen-toh-vah-ny): Hop on inside ft, picking up the knee of the outside leg; step on outside ft, step on inside ft; one measure. Hop (ah), step (ct 1), step (ct 2).  
Holubiec (hoh-woo-byets) step to R: Two heel clicks with R, moving to R with hops on L, L fist on hip, R arm extended diag in air; three stamps in place R,L,R, R fist returning to hip; two measures.  
Holubiec step to L: Same with opp ftwork and arm movements.  
Krzesany (kshe-sah-ny) step with R: Scuff with R ft fwd and bkwd; three stamps in place R,L,R; two measures.  
Krzesany step with L: Same with opp ftwork.

Formation: Cpls facing LOD, inside hands joined, outside fist on own hip.

Meas

PATTERN

INTRODUCTION.

- 1-4 No action.  
5-6 W rolls L into M arm.  
7-10 They rock together, front and back, front and back.

FIGURE I. Couple Gallop.

- 1-8 15 galop steps in LOD; on ct 16 zeskok (on ct 1 M L hand up at angle, as if holding hat; fist returns to hip on zeskok).  
9-16 Repeat action of meas 1-8.

FIGURE II. Turn.

- 1-8 Akcentowany steps, turning CCW in place, M bkwd, W fwd, end facing LOD.

FIGURE III. Clicks.

- 1-2 Holubiec step away from each other.  
3-4 Holubiec step twd each other.  
5-8 Repeat action of meas 1-4, Fig. III.