

ALANA'S MAZUR
(Poland)

The mazur is one of Poland's five national dances, along with the kujawiak, oberek, polonez and krakowiak. All of the national dances are group dances for couples, and all are in $3/4$ or $3/8$ time with the exception of the krakowiak, which is in $2/4$ time. Originating as a peasant dance in the Mazury region of central Poland in the 16th century, the mazur was adopted by the nobility of Poland in the 17th century. In the court, the dance became more stylized and formal, and gradually lost its original peasant character.

There are many different steps and figures for the mazur, and this arrangement uses only a few of them.

Pronunciation: Mah'-zoor

Record: BR 1000, Za Górami, Za Dolinami, Side B, Band 4, "Mazur z Kieleckiego".

Meter: $3/4$

Steps and Styling:

Posture: Body is erect, and leans forward slightly. M's free hand is placed in a fist on his hip with the wrist straight and elbow slightly forward. W's free hand holds her skirt.

Bieg mazurowy (Byeg mah-zoo-roh'-vih)-Basic mazur step

Lift on R and do a smooth leap onto the L ft(ct 1); slide the R ft fwd with a long step(ct 2); step fwd L(ct 3). Rpt with opp ftwk. The step should move swiftly and smoothly with just a slight leap on ct 1.

Hołubiec (Ho-woo'-byets)-Click step

To the R: Extend R leg to the R in preparation. Hop on L moving slightly to the R and click R heel to L heel in the air with both legs straight and toes pointed(ct 1); slide R swd with a reaching step and both knees bent(ct 2); step L next to R displacing R ft in preparation for the next click.

To the L: Same as to the R but with opp ftwk.

Błyskawiczka (Bwis-kah-veech'-kah, "lightning")-Turning figure

M's R hd joined with W's L hd, stand L hip to L hip. M holds W's L arm straight across in front of him, and with his L arm reaches under her L arm and places his open hand on her lower back. W's free hd holds skirt. Turn CCW two times with 4 mazur steps. Lean forward slightly and look at partner.

Przylek (Pshih'-klenk)-Kneeling figure

MR and WL hds are joined.

M: Prepare by brushing L ft fwd, leap onto L and kneel on R knee with R toe pointed bwd(ct 1); hold(cts 2,3). Hold for meas 2 and 3. Meas 4: stand up with stamp R(ct 1), stamp L with no wt(ct 2), hold(ct 3).

W: Begin R ft, do one CCW circle around M with 3 mazur steps(meas 1-3).

Meas 4: stamp L(ct 1), stamp R with no wt(ct 2), hold(ct 3).

M leads ptr around with his R hd and watches her as she circles him.

Przytup (Pshih'-toop)-Used to end a phrase

Stamp L(or R)(ct 1); stamp R(or L) with no wt(ct 2); hold(ct 3). The stamp on ct 2 may sometimes take weight depending on what figure follows.

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Starting position: Cpls in one large circle, W to MR side, hds joined and down.

MeasPatternI. Circling

- 1-2 No action.
 3-7 Begin R ft, do 5 mazur steps in LOD.
 8 Przytup(LR). Take wt on second stamp.
 9-15 Begin L ft, do 7 mazur steps in RLOD.
 16 Przytup(RL). M step to inside of circle to face ptr with MR, WL hds joined and hold at shoulder level, arms extended in RLOD. W take wt on second stamp.

II. Hożubiec(Clicks)

- 1 M begin L, W begin R, do one hożubiec step swd in LOD. Turn to face LOD on ct 3. M fist on hip, W hold skirt.
 2 M begin L, W begin R, do one mazur step in LOD, Turn back to back with ptr on ct 3. Joined hds extend fwd in LOD at shoulder level.
 3-4 Rpt meas 1-2, Fig. II with opp ftwk.
 5-6 Rpt meas 1-2, Fig. II.
 7 Rpt meas 1, Fig. I with opp ftwk.
 8 Przytup(M-RL, W-LR), turning $\frac{1}{2}$ inward to face ptr(M turn CW, W turn CCW). W take wt on second stamp.
 9-11 With R sides together, extend R arm across in front of ptr to take hold of ptr's waist with R hd, extend L arm up on diag, palm facing inward. Begin L, do 3 hożubiec steps turning CW.
 12 Do one mazur step in place(LRL), fists return to hips.
 13-15 Rpt meas 9-11, Fig. II with opp ftwk, direction and arms.
 16 End with M on inside of circle, W on outside. Przytup(RL), fists return to hips. W take wt on second stamp.

III. Diamonds

- 1 Begin R, move diagonally fwd to own R with one mazur step, turning $\frac{1}{4}$ CW.
 2 Begin L, move diagonally bwd into ptr's original pos with one mazur step, turning $\frac{1}{4}$ CW. Open arms toward ptr at waist level.
 3-4 Rpt meas 1-2, Fig. III, with fists returning to hips during meas 3.
 5 Rpt meas 1, Fig. III.
 6-8 W continue to travel in LOD with 3 mazur steps, turning $\frac{1}{2}$ CW per meas. M turn $\frac{1}{2}$ CW and follow W in LOD with 3 mazur steps. Both begin L.
 9-12 Begin R, travel in LOD with 4 mazur steps. M moves fwd, W moves bwd.
 13-14 Rpt meas 1-2, Fig. III.
 15 Move diagonally fwd to own R and turn $\frac{3}{4}$ CW with one mazur step. End with M on inside of circle, W on outside, face ptr.
 16 Przytup(LR). M take wt on second stamp. Join MR and WL hds.

IV. Błyskawiczka("lightning") turn and Przylek(M kneel)

- 1-4 Begin with outside ft, do 4 mazur steps fwd in LOD.
 5-8 M turn $\frac{1}{2}$ CW to begin błyskawiczka turn. Turn CCW two times with 4 mazur steps.
 9-12 Rpt meas 1-4, Fig. IV.
 13-16 Przylek figure(M kneel). M and W take wt on second stamp of meas 16.

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V. Circling

- 1-7 M begin R, W begin L, pass ptr by the L shoulder to form inner circle of W, outer circle of M. M move CCW, W move CW, do 7 mazur steps.
- 8 Przytup(M-LR, W-RL). Take wt on second stamp.
- 9-15 M begin L, W begin R, do 7 mazur steps. M move CW, W move CCW. On meas 15, M move in front of ptr to inner circle, W move to outer circle. Turn CCW to face ptr.
- 16 Przytup(M-RL, W-LR). Join MR and WL hds.

VI. Hołubiec(Clicks)

- 1-16 Rpt meas 1-16, Fig. II.

VII. Finale

- 1-8 Rpt meas 9-16, Fig. IV. On meas 8, sweep ML, WR arm across own body, palm down(ct 1), extend arm up on diagonal, palm facing inward(ct 2), hold(ct 3).

Presented by Alana Hunter