

Bogatym from Spisz

(Poland)



Bogatym from Spisz is another example of folk music being brought into the present day by young singers and bands from the mountain regions of Poland. I have choreographed authentic Spiskie steps to match the music in the hopes that the dance steps will also live on. After many skirmishes and treaties with Czechoslovakia during the first half of the 20th century, the majority of the region of Spisz finds itself today in northern Slovakia (Spiš) and a small area in south eastern Poland. The people living in the area are considered górali (mountaineers) just like in Podhale and Orava, with their own dialect and way of life. No matter which side of the political border, the costumes are similar, the steps the same, the music is shared and the folk scene is alive and well.

Pronunciation: boh-GAH-tym from SPEESH

Music: *Folk Dances from Poland, Vol. 5, Band 3* 2/4 meter

Formation: Circle of individual dancers facing ctr of the circle.

Steps & Styling: Running: Take a very small jump (shifting of wt) from L ft to R flat ft (heel slightly off the floor) (ct 1);. take a small flat step in place onto L (ct &); repeat cts 1,& with R (cts 2,&). Same step is done with opp ftwk. Step should have a slight bounce to it. This step is done either in place or fwd.

Step-Together-Step: Takes 2 meas to execute. Meas 1: Step on R to with flat ft (ct 1); bring flat L ft next to R and put wt on it (ct &). Meas 2: Step on R to R with flat ft (ct 1); leave wt on R ft and bring flat L ft beside the R f (ct &). The step is not done in a straight line but rather in the shape of a semi-circle (banana shape – diagonal). Hands on waist with fingers pointing fwd and thumb extended back. Meas 1: Swing body CCW so R elbow is pointing twd ctr of circle and L elbow is out (ct 1); swing CW so that L elbow is in and R elbow out (ct &). Meas 2: Swing once again CCW (ct 1); hold (leaving R elbow pointed twd ctr) (ct &). Same step is done to L with opp ftwk and opp arm movements.

Czardasz Spiski Step: Takes 4 meas to execute. Begin with ft parallel to each other and approx 6 inches apart with wt on L.

Meas 1: Dancing on the front of the ft, moving sdwd R in LOD, step off of L onto R approx 2 ft away (ct 1); step onto L behind R (ct &,2).

Meas 2: Jump onto both ft (R ft approx 2 ft away from L ft) and distribute wt onto both feet (ct 1); slide both ft twds each other (L ft moves R and R ft moves L) and cross them with L ft in front over R ft, rising up onto toes (ct &,2).

Meas 3: Jump onto both ft so that ft end parallel to each other approx 6 inches apart with wt on R ft., knees bent and ft flat on the floor (ct 1); hold this pos for the rest of meas 3 and 4. Is done to the L with opp ftwk.

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Travelling Step: (One step = One meas) Facing fwd step fwd on R bringing L knee up so that the upper leg is almost parallel with the floor (ct 1); skuff fwd with R ft leaving L leg off the floor (ct &,2). A skuff is a very low jump fwd while leaving the ft to drag on the floor. Is also done with L ft and opp ftwk.

Rocking Step: (Takes 6 meas to execute) Meas 1: Begin with arms at side, step fwd with flat R ft while slightly bringing L ft off the floor by bending L knee fwd and swinging straight arms bkwd.

Meas 2: Swing arms fwd and step back onto flat L ft by straightening the L leg and lifting R ft slightly off the floor a couple of inches.

Meas 3 and 4: Repeat meas 1 and 2.

Meas 5: Execute the same motion as meas 1 and 3 except elevate onto the toes of the R ft and revolve $\frac{1}{2}$ turn CW. Remember to swing arms bkwd.

Meas 6: Same movements as Meas 2 and 4.

The Eagle: Bend torso fwd 45 degrees at the waist, extend straight arms twd the back with fingers spread so that arms are parallel to the floor and keep head up to look fwd. While in this pos, the Running step will be executed.

Styling:

Although a modern beat has been added, the styling is still taken from the mountain regions of Poland, and in this case with some Slovak influence. Dancers are very light on their feet and the emphasis is on the footwork.

Hands: Individual: Hands are placed on hips with fingers kept together at the front and the thumb extended around waist pointing bkwd.

Closed Circle: Arms extended out to the side join hands with persons in front and behind back..

Eagle: Extend straight arms behind so that arms are parallel to floor

<u>Meas</u>	<u>Pattern</u>
8 meas	<u>INTRODUCTION.</u> Dancers stand in one circle facing ctr with hands on hips, ft together.

I. OPENING FIGURE

- 1-8 Take 8 Running steps in place beg with R.
- 9-16 Take four Step-Together-Steps R,L,R,L.
- 17-24 Take two Czardasz Spiski steps R,L.
- 25-30 Execute Rocking Step twd ctr of the circle, ending facing out with backs to ctr.
- 31-34 In the Eagle Position take 4 Running Steps fwd twd outside of circle back to starting pos.

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- 35-36 Do 2 Running steps in place while doing a $\frac{1}{2}$ turn CW so as to end facing ctr.
- 37-38 Do 2 more Running steps while moving to close the circle and face LOD, and straightening the body so as to be standing erect. Close the circle by clasping the hands of the people on either side. Hands should remain down in V-pos.

II. TRAVELING FIGURE

- 1-8 In Closed Circle beg with R, take 8 Travelling Steps in LOD (Circle = CCW).
- 9-16 Take 8 Travelling Steps in RLOD beg with R and finish facing ctr.
- 17-24 Take 2 Czardasz Spiski Steps (once to R and then to L).
- 25-32 Take 8 Travelling Steps in RLOD (Circle = CW) beg with R, turning the body to face RLOD (ct 1).
- 33-40 Take 8 Travelling Steps in LOD (Circle moving CCW) beg with R and end facing ctr.
- 41-46 Twd ctr, execute Rocking Step to end facing out.

III. LINKING FIGURE A

- 1-8 In the Eagle Position take 4 Running Steps fwd twd the outside of the circle (back to starting pos). On meas 5 and 6, do 2 Running steps in place while doing a $\frac{1}{2}$ turn CW to end facing ctr. On meas 7 and 8, do 2 more Running steps in place, and straighten body to stand erect, putting hands on hips.
- 8-16 Take four Step-Together-Steps R,L,R,L.

II. TRAVELING FIGURE

- 1-46 Repeat Fig II.

IV. LINKING FIGURE B

- 1-8 In the Eagle Position take 4 Running Steps fwd twd the outside of the circle back to starting pos. On meas 5 and 6, do 2 Running steps in place while doing a $\frac{1}{2}$ turn CW to end facing ctr and on meas 7 and 8, do 2 more Running steps while moving to close the circle and face LOD, and straightening the body to stand erect. Close the circle by clasping the hands of people on either side. Hands should remain down in V-pos.

V. SUPER TRAVELLING FIGURE

- This is described as the Super Travel because it is identical to Fig II for the most part with some added movements and music.
- 1-32 Repeat Fig II, meas 1-32. On meas 25-32, tighten circle to prepare for meas 33-40.

Bogatym from Spisz—continued

- 33-40 Travel LOD with a modified Travelling Step as before but instead of travelling fwd take smaller steps sdwd while swaying the body. Beg with R twd the outside of the circle, leaning body twd ctr and swinging hands out. Next step is twd ctr of the circle, while leaning out and swinging arms twd ctr. Repeat this movement for 8 meas.
- 41-48 Take 8 Travelling Steps in LOD (circle moving CCW), beg with R and end facing ctr.
- 49-56 Take 2 Czardasz Spiski Steps (once to R and then to L).
- 57-64 First 6 meas, execute Rocking Step. On meas 63, elevate onto toes of R ft and revolve $\frac{1}{2}$ turn CW to end facing ctr and stamp L on meas 64 to emphasize the end of the dance.

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