

Presented by Morley Leyton

CIESZYNIOK
(Cheh-shin'-yok)

This dance was learned from Janina Marcinkowa of Cieszyn, Poland

RECORD: LTN 1

FORMATION: Cpls in a circle, M with backs to ctr, W facing ptr.
Join R hands and hold forearms horizontal. Free hands on hips unless otherwise noted.

PATTERN

Meas PART I

- 1 Moving in LOD, M (W opp) step to L side on L (ct 1) close R to L (&) step to L on L (ct 2) point R twd ptr (ct 3)
- 2 Repeat meas 1 but in opp direction and on opp ft.
- 3-6 Repeat meas 1-2 twice more
- 7 Moving twd center, do step (ct 1) close (ct &) step (ct 2) point (ct 3)
- 8 Same as meas 7, but away from ctr of circle and opp ftwk

PART II

- 1 Release hands, bend knees and clap hands on thighs (ct 1) straighten legs and clap hands together (ct 2) clap ptrs hands (ct 3)
- 2 Repeat meas 1
- 3 Turn CW with R elbows joined and L hands held up 45° above the shldr. (Elbows and hand straight) Start with L, do full turn in 3 steps.
- 4 Release elbows, turn CW by self, by pushing off ptrs elbow doing five small running steps on the balls of the ft and finish facing ptr on the 6th step, both ft together and the full ft on the floor. This is done in 3 cts (double time). Use all three cts to get the hands to the hips.
- 5-8 Repeat meas 1-4 on opp ft and in opp direction

PART III

- 1 Keeping hands on hips, repeat Part I, meas 1 but both move to their R
- 2 Repeat meas 1 but to L
- 3-4 Join hands and do the same as Part I, meas 7-8
- 5-8 Repeat meas 1-4

PART IV

- 1-2 Release hands; same as Part II, meas 1-2 except that cpl walk CW around each other while they do the clapping, taking one step for each ct, both starting with L (be sure to bend knee on 1st ct)

- 3 Repeat Part II, meas 3, except that 6 steps instead of 3 are taken, lightly on the balls of the ft.
- 4 Repeat Part II, meas 4
- 5-8 Repeat meas 1-4 in opp direction and with opp ftwk.

PART V BOXES

- 1 Repeat Part III, meas 1 but on the 3rd ct, make a 1/4 turn CW while pointing the L ft.
- 2 Repeat meas 1 with opp ftwk, passing back to back with ptr and continuing to make 1/4 turn CW.
- 3-4 Repeat meas 1-2
- 5-8 Repeat meas 1-4

PART VI

Repeat Part IV.