

FURMAN  
Poland

Furman translated literally means, Coachman. The dance is a krakowiak from the Krakow region. Mr. Ciejka viewed the dance in 1977 when Slask performed it. It then was adapted for use here by Polski Irsky. The dance was first taught to the Berkley Folk Dancers early 1980.

PRONUNCIATION: FUOR-mon

RECORD: Dances of Poland, DOP-8002, Side A, Band 1

FORMATION: Cpls facing in a circle with M back to ctr. M's R hand on back of W waist, W L hand on M's R shldr. Free hands are on waist with loose fist.

STEPS: Cpls use opp ftwk unless otherwise noted.

Cripple Step: Beginning on inside ft, step (ct 1); hop (ct &, 2); step (ct &).

Polka Step: Hop (ah), step fwd (bwd) (ct 1); close one ft to another (ct &); step fwd (bwd) (ct 2). Slight bounce on each step.

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METER: 2/4

PATTERN

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Meas.

INTRODUCTION: 4 meas (no action)

FIG. I: PRANCING SIDE STEP

1 Moving slowly in LOD, drop with plie onto the back ft (M-R, W-L), lift front ft straight up slightly above ankle level (ct 1); step L (W-R) in LOD on ball of ft (ct &); close R to L (W-L) and repeat action of ct 1 (ct 2); repeat ct & (ct &).

7-8 Repeat meas 1, 7 more times (8 in all). There are a total of 16 "Prancing Side Steps" (2 per meas).

Hands: The hands remain in beginning pos for meas 1-4 (8 Prancing Side Steps), then the M-L, W-R hand slowly circle up and pass between the cpls until their arms are extended up diag in LOD with a slightly bent elbow.

9-12 Cripple Step: Both starting on the inside ft (M-R, W-L), do 4 "Cripple Steps" opening on first step and turning CCW (M bkwd, W fwd). Releasing hand hold, cpls finish with M back to ctr and W facing M, both have wt on L.

FIG. II: BOX STEP (Both use same ftwk)

1 Both moving to own R, do 2 heel-clicks to own R (close R to L on click) (cts 1-2).

2 Turning 1/4 R (CW) step RLR in place (cts 1,&,2).

3-4 Passing back to back repeat meas 1-2 with opp ftwk.

*Continued...*

- 5-6 With W on inside of circle and M outside repeat meas 1-2.
- 7 Repeat meas 1 with opp ftwk, passing closely back to back. M end on inside of circle facing ctr, W on outside with back to M.
- 8 Both stepping LRL turn R (CW) to face ptr. End with loose fist on hips in orig pos of Fig.

Hands: Start with a loose fist on both hips. When doing the heel clicks the hand in the direction you are moving circles up in front of your body to end extended diag up with slight bent elbow, meas 1. Extended hand returns to hips on the 3 steps in place, meas 2.

Diag., Meas 1-8



- 9-12 Cripple Step: Repeat meas 9-12, Fig. I. Both end with wt on inside ft.

FIG. III: BALANCE-CLICK STEP

- 1 Facing LOD, with inside hands joined and down and outside hands diag out to side, balance away from ptr; M step LRL, W RLR (cts 1,&,2). Move fwd very slightly and lead with heel on ct 1.
- 2 Repeat meas 1 with opp ftwk.
- Hands: Outside hand moves out (palm up) and in (palm down) with balance step (meas 1-2). Trace a horizontal arc (figure 8) with the entire arm.
- 3 Both starting on outside ft (M-L, W-R), step diag away from ptr leading with heel and pivot away from ptr (M turn CCW, W CW) (ct 1); step R next to L (W-L) (ct 2). Hands are free and low.
- 4 3 light stamps in place, M-LRL, W-RLR (cts 1,&,2). While stamping, join inside hands slightly in RLOD, outside hands are at hip ht in LOD.
- 5 Leaning slightly in LOD, extend M-R, W-L leg bkwd (leg straight) and hop-click on M-L, W-R twd RLOD (bkwd) (click hopping ft to extended leg) (ct 1); 2 steps in place M-R,L W-L,R (cts &,2).
- 6 Repeat meas 5, once more (2 in all).
- 7 Turning inward (M-CW, W-CCW), step on heel of M-R, W-L (ct 1); step L next to R (W-R) completing tuen (ct 2).
- 8 Stamp lightly 3 times in place, M-RLR, W-LRL (cts 1,&,2).
- 9-16 Repeat meas 1-8, once more (2 in all). Adjust last turn so M ends with back to ctr, W facing M, both hands on hips in lose fist.

*continued...*

FIG. IV: POLKA SEPARATION STEP

- 1-3 Starting on M-L, W-R and backing away from ptr do 3 polka steps bkwd.
- 4 Leap on R in place while L kicks bkwd up under body (ct 1); repeat ct 1 twice more alternating ftwk (cts &,2). Do a total of 3 bkwd kicks.
- 5-7 Repeat meas 1-3, moving fwd twd ptr.
- 8 With ft close together jump fwd diag R, close to ptr with L shldrs adjacent (ct 1); both jump diag L close to ptr with R shldrs adjacent (ct 2).
- 9-16 Repeat meas 1-8, once more (2 in all).

FIG. V: POLKA WITH LIFT

Cpls fac LOD with W on M's R. M-R hand on W-R waist, W-L hand on M-R shldr, free hands on waist in loose fist.

- 1-2 Starting on M-L, W-R do 2 polka steps in LOD.
- 3 M hands are on W waist, W hands on top of M shldrs with M facing RLOD and W facing M to prepare for lift (cts 1,&);
- 4 M places W on outside of circle (ct 1); knees bend to take impact (ct &); straighten knees (ct 2); both take wt on L (ct &).
- 5-8 Repeat meas 9-12, Fig. I, "Cripple Step," starting on R. End facing LOD with wt on M-R, W-L. M holds with wt on R on ct 2 on last step (fudge).
- 9-16 Repeat meas 1-8, one more time (2 in all), except both end with wt on L. Finish with M back to ctr, W facing M, opening up slightly so that both hands are joined and extended diag to side at approx chest level.

FIG. VI: BRUSH & CLICK STEP

- 1 Both with wt on L and leaning slightly to R, brush R diag fwd out (R) (ct 1), brush R bkwd across L (ct 2).
- 2 Straighten and face ptr and stamp lightly in place RLR (cts 1,&,2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5 With wt on L do 2 heel clicks making 1/2 turn. W ends on inside of circle, M outside.
- 6 Stamp lightly in place RLR (cts 1,&,2).

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7-8 Repeat meas 5-6 (heel clicks and 3 in place) with opp ftwk and direction.

9-16 Repeat meas 1-8, once more (twice in all). W ends figure with wt on R (fudge).

Repeat entire dance once more.

Presented by Eugene Ciejka  
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