

Dance from Zywiecki Goral region, learned by JANOSIK dancers from Maria Romowicz while visiting Poland during 1974 and during her stay in Philadelphia, Spring 1975.

Music: LTN 4

Formation: Cpls in a circle, facing LOD, M on L, W on R, inside hands joined, outside hd hands down freely.

STEPS:

1. Singles: Knees bent slightly. Step on R ft, to R (ct1)  
Cross L ft exactly in front of R ft, touching floor with small toe of L ft, bend ankle so that almost whole side of foot touches floor. (ct2)  
Reverse, Step on L ft, to L (ct1)  
Cross R ft in front of L ft (ct2)
2. Doubles: Knees bent more than in singles. Keep knees bent and bring R ft into crossed pos'n (ct 2)  
Switch ft, bringing L ft into crossed pos'n in front of R ft (ct 1) Bounce (ct 2)
3. Doubles-Doubles:  
Do only cts 1 of doubles.
4. Triples: Cross R ft in front of L (ct1). Bring R ft straight in till it touches L ankle (ct2)  
Bring R ft to side, parallel to L ft (ct1)  
Close R ft to L ft (ct2)  
Sequence can be done with L ft active instead of R.

Dance:

- Part 1 Run.
- 1-11 Do light, bouncy run in LOD, side by side with ptr, inside hds joined. Begin R ft, 2 steps to a measure.
  - 12 Do stamp R,L,R. M stays in place and helps bring W around in front to face RLOD.
- Part 2 Singles
- 1-11 Join R hds; Do singles moving in RLOD.
  - 12 Stamp R,L,R.
- Part 3 Doubles combination: W hds on hips, M hd below "Money Belt"
- 1 One Double with R ft in air
  - 2 One Double with L ft in-air
  - 3 One Double-Double
  - 4 First part of a double-double (ct1) Jump onto both ft.(ct2)
  - 5-8 Repeat 1-4
  - 9-16 Repeat 1-8
- Part 4 Haj! Run! (Room)
- 1 Part- travel slightly in LOD.  
Step on R ft,(ct 1) Slap inside of L heel in front with R hd(ct2) at same time shout "haj Rum"
  - 2 Same call, but step on L ft (ct 1) and slap inside of R heel behind with L hd.
  - 3-4 Repeat 1-2, without call
  - 5-6 Repeat 3-4
  - 7-8 Repeat 3-4
  - 9-10 Repeat 3-4

*Continued...*

- 11 Jump onto R ft and slap inside of L heel with R hd (ct1)
- Jump onto L ft and slap inside of R heel with L hd (ct2)
- 12 Jump onto R ft and slap inside of L heel with R hd (ct1)
- Jump onto both ft (ct 2)
- W part.
- 1-11 Do double steps moving slightly
- 12 Do first ct of double step with L ft. (ct1)
- Jump onto both ft (ct2)
- Part 5 Turns
- 1 Join in shdr-shdr blade posn. R ft inside of ptrs R ft, hips and shoulders parallel. Steps are even smooth on whole ft.
- Step on R ft (ct1)
- Shift onto L ft (ct and)
- Shift onto R ft (ct2)
- Shift onto L ft (ct and), turning continuously CW.
- 2-7 Repeat Meas 1.
- R Stamp R ft (ct1) Switch sides and stamp L ft in front (ct2)
- 9-15 Repeat 1-8 one opposite ft and turn CCW.
- 16 Release W to outside of circle and N face center..
- Part 6 Pushups
- W part.
- 1-12 Face ctr, hands on hips, do singles.
- 1 part
- 1 Clap hands and jump into air (ct1) Land on hands, ft still not on ground(ct2) Feet land body horizontal in push-up position (ct 2and)
- 2 Bounce on hds 2 times a measure. Open ft (ct1) Close ft (ct2)
- 3-11 Repeat 2
- 12 Bring ft to hds (ct1) Stand up (ct2)
- Part 7 Repeat Part 1
- Part 8 Triples. Cpl face ctr, W on R, inside hds joined.
- 1-8 Do four triples with R ft active. Accent last closing (measure 8,ct2)
- 9-16 Repeat 1-8 with L ft active.
- Part 9
- 1-11 Join R hds, moving in LOD, do 11 doubles-doubles.
- 12 Stamp R,L,R.
- Part 10 Run and Finish
- 1-11 Repeat Part1, near 1-11.
- 12 Stamp 2,3; W raises L hd above shdr, W puts R hd on hip.