

1973 CALIFORNIA STATE UNIVERSITY, SAN DIEGO
FOLK DANCE CONFERENCE

Presented by Morley Leyton

HEJ! NA MOŚCIE
(Polish)

This dance was learned from Janina Marcinkowa of Cieszyn, Poland
(Hey! Nah Moh-shcheh)

MUSIC: LTN 1

FORMATION: Cpls facing LOD, W on outside, R hands joined, L hands on hips.

3/4

PATTERN

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- Meas FIG 1
- 1 ON (&) of preceding meas, bend inside leg. *SMALL*
Step sharply fwd onto outside ft, M L, W R (ct 1), step
on M R, W L (ct 2), *SMALL* step on M L, W R (ct 3), bend
outside leg (Ct &).
- 2 Repeat above with opp ftwk.
- 3-4 Release hands away from your ptr, making a small circle
in 5 steps. On the sixth count end up facing *FT TOGETHER* your ptr
and make a small uklan (bow). The hands are: during the
circling, outside hand held approximately in front of
belly button and arm rounded, while inside hand is held
the same way behind the back. The bow is done only with
a nod of the head and the two arms held very low to the
side and the palms of the hands twd ptr.
- 5-8 Similar to meas 1-4, except that the couples face and
move in RLOD. Start on outside ft, but still hold R
hands, L hands on hips.
- 9-10 Turn R elbows 1 1/2 turns CW, L hands on hips.
- 11-12 As in meas 3-4, except M are now on outside of circle,
turning CCW and W inside also turning CCW.
- 13-14 Turn L elbows 1 1/2 turns CCW, R hands on hips.
- 15-16 Same as meas 11-12, but M are now inside of circle,
turning CW and W outside of circle turning CW.
The dance does not repeat.

Chodzony from Cieszyn

Hej! Na Moście, trawa rośnie
a pod mostem fijołek (Repeat)
We Wiśle je szumna dziółcha
a w Ustroniu pacholek (Repeat)