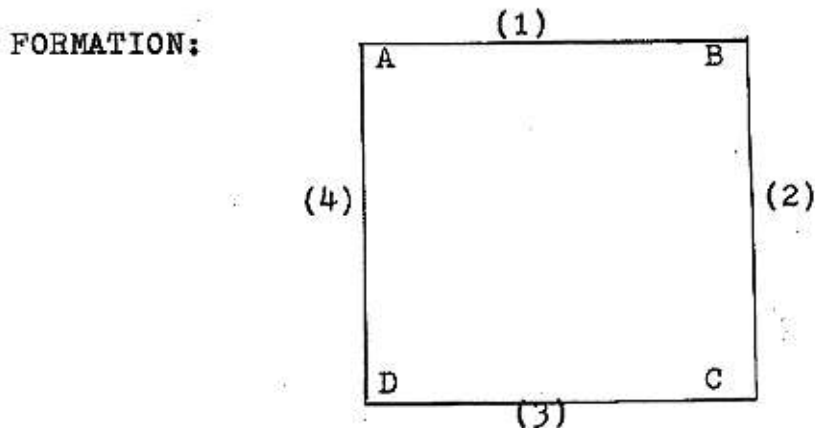


JAN'S KRAKOWIAK

SOURCE: Polish National Dance originated in the Province of Krakow. Choreographed by Jan Sejda especially for the Idyllwild Folk Dance Camp.

MUSIC: Record: NATIONAL N-4524-B. 2/4 meter.



STARTING POSITION: Double circle of ptrs facing, M back to ctr of circle. M's R arm around W's waist. W's L hand on M's R sho. Free arms & fingers of BOTH M & W are extended obliquely upwd & sdwd twd LOD. This is the 'extended arm pos' whenever it is called for in this dance.

Music: 2/4

PATTERN

Meas

1-8 INTRODUCTION: 8 measures of 2/4 music.

PART A: (measures 1-8)

1-8 15 sliding steps in LOD, ABSOLUTELY SIDEWAYS, being careful to bring heels tog as each step is completed. On ct 16 a light jump, landing with knees bent.

PART B: (measures 1-8)

M's back to ctr of circle, ptrs still facing, L hands on hips, R arms extended.

1 Each dancer does two heel-clicks to his own R. (W-LOD - sideways; M-RL0D).

2 Both hands on hips, 3 stamps in place.

Ct.	1	and	2
	stamp	stamp	stamp
	R	L	R

3-4 As in Meas 1-2 (opp ~~ftnk~~, opp direction & opp hands).

5-8 Repeat Meas 1-4.

PART C: (measures 1-4)

Position as for PART A (extended arm pos).

1-2 Cpls take 3 slides & jump twd ctr of circle (M L, W R extended arm to ctr of circle).

continued...

3-4 Repeat Meas 1-2 away from ctr of circle. (Hand pos does not change).

PART D: (measures 1-4)

Ptrs facing, M's back to ctr, L hands on hip, R hand free, weight on L ft.

1 Side-step to the R with R ft (ct 1). Fall onto L ft, as it steps with L knee bent across in front of R ft. L hand & arm follows along with ft action. R knee is also bent & lower leg crosses behind the L (ct 2).

2 Ct. 1 - Step R as body straightens, bringing L ft off the floor with knee bent taking pos across R leg, L hand extended obliquely to the side.
Ct. 2 - In this erect, cross-legged pos; hop on R ft.

3-4 Repeat Meas 1-2 with opp ftwk and hands.

PART E: (measures 1-8)

Position as at the beginning.

1-4 Break the circle of cpls into two semi-circles of cpls. at point (1) and (3). Cpls at point (1) are now the leading cpls; cpls at point (3) are now the last cpls. With 7 sliding steps & 1 jump; cpls in semi-circle 1-2-3 are moving in LOD, while cpls in semi-circle 1-4-3 move in RLOD. (Semi-circle moving in RLOD progress on the inside, while the other moves on the outside).

5-8 Reverse ftwk & direction & return to orig pos. (You are now again in a circle).

PART F: (measures 1-8)

STARTING POS: Circle of M with backs to ctr, hands joined & extended waist high; W facing LOD with L hands placed on ptr's R hand, W's R hand on hip.

1-8 M move sideways in LOD with 12 sliding steps & 3 stamps (twice). W take 6 polka steps in LOD facing LOD, & 3 stamps (twice). While stamping, every 2nd cpl MUST face LOD (ptrs side-by-side, W on R side of M). Other cpls (while stamping) cross over & turn to face RLOD, to be side-by-side, W to R side of M.

PART G: (measures 1-16)

1 Cpls facing LOD - 2 heel clicks, M to his L (twd ctr of circle); W to her R (away from ctr of circle).

Cpls facing RLOD - 1 polka step fwd, progressing in RLOD (M start with R ft, W with L ft).

Continued.

2 Cpls facing LOD - 1 polka step fwd progressing in LOD, (M start with L ft, W with R ft).

Cpls facing RLOD - 2 heel-clicks, M to his L away from ctr of circle, W to her R twd ctr of circle.

3 Cpls facing LOD - 2 heel-clicks, M to his R away from ctr, W to her L twd ctr of circle; both to each other.

Cpls facing RLOD - 1 polka step progressing in RLOD; M start with L ft, W with R ft.

4 Cpls facing LOD - 1 polka step, in LOD.

Cpls facing RLOD - 2 heel-clicks, M to R twd ctr, W to L away from ctr; both to each other.

5-16 Repeat ftwk as in Meas 1-4, con't the above progression.

PART H: (measures 1-8)

1-4 Cpls facing LOD - With 8 sliding steps, divide the circle in $1/2$ and form 2 lines facing, 1 line parallel to wall (4); 1 line parallel to wall (2). (Extended arms).

Cpls facing RLOD - With hands joined, form a circle facing ctr, take 8 sliding steps in RLOD; (to the L).

5-8 Cpls facing RLOD - take extended arm pos & with 8 sliding steps divide the circle in two, & go to your places in between cpls (LOD cpls) which are already in 2 lines.

Cpls in so-called LOD - R hands on hips, L arm extended high. R shos adjacent.

(5) Both dancers brush R ft fwd & back (ct 1,2).

(6) 3 stamps (R,L,R); hands on hips making a $1/2$ turn twd ptr, bringing L shos adjacent, again facing opp direction.

(7,8) Repeat Meas 5-6, but begin with L ft & with R arm extended.

PART I: (measures 1-16)

Two lines: M in line parallel to wall (4) are facing wall (2).
M in line parallel to wall (2) are facing wall (4).
W are facing their ptrs. Both lines of cpls will move to each other, passing thru with steps as follows:

1 Men's Part: Hands on hips;
Bending both knees, M steps fwd on L ft (ct 1), & moves straight R leg in an arc as he straightens L knee, placing R toe ahead of L ft. R leg is still extended. Entire body turns $1/4$ to his L (ct 2). Wt still on L ft.

2 As in Meas 1, but beginning with R ft.

continued.

- 3 With knees bent, 2 steps fwd (L,R). With each step clap hands with extended arms fwds, as with cymbals.
- 4 With knees still bent, 3 stamps fwd (L,R,L); arms are extended obliquely fwd & down as if to catch her.
- 5-8 Repeat Meas 1-4, starting with R ft.
- (1) Women's Part: Hands on hips; Bending both knees, W steps bkwd on R ft, makes an arc with straight L leg, pointing it behind R ft as she turns 1/4 to her L. (So far she has done the same fig. as the M, but with opp ftwk & moving bkwd).
- (2) Repeat Meas 1 beginning with L ft.
- (3) With knees & body bent, following extended curved R arm, W turns CW 1 time around with 2 steps.
- (4) (Ct 1,2) With body erect, W runs 3 steps bkwd. (She runs away as M tries to catch her). Hands on hips.
- (5-8) Repeat Meas 1-4, beginning with L ft.
- 9-12 Repeat Meas 1-4, both M & W repeat all.
- 13-16 Take extended arm pos, with extended arm twds the wall, with 8 sliding steps moving to M's R & W's L, return in a line to your orig line pos, passing thru opp line again.
- PART J: (measures 1-16)
- 1-4 So-called LOD cpls - With 4 sliding steps form a circle. With next 4 sliding steps divide the circle at point (2) and point (4), forming 2 parallel lines at wall (3) and the other at wall (1).
- So-called RLOD cpls - With 8 step-hops, each cpl turn on-the-spot, CCW. (Keep extended arm pos).
- 5-8 Line 2 change places with Line 4, passing thru, with 8 sliding steps. Each cpl, in Line 1 & 3 turn on-the-spot CCW with 8 step-hops.
- 9-12 Reverse Meas 5-8 (reverse action of each group).
- 13-16 As in Meas 5-8 (reverse 9-12).
- PART K: (measures 1-8)
- 1-8 Everybody, -with 16 sliding steps, progressing in RLOD, with extended arm pos, M facing ctr of circle, -form a circle.

Continued...

PART L: (measures 1-16)
 Circle of W facing away from ctr, hands joined.
 Circle of M facing LOD, with hands on hips.

- 1 Men's Part: Starting with R ft, M take 2 running steps fwd in LOD raising R arm fwd, in an arc over head. (Ct 1,2).
- 2 Take 3 stamps, progressing in LOD, while bowing with R arm down.
- 3-16 Repeat Meas 1-2 seven more times.

Women's Part: With 3² sliding steps, progress in RLOD, sideways. (Easy girls). End facing your ptr.

PART M: (measures 1-16)

- 1-4 All take extended arm pos. With 8 sliding steps, dividing circle at point (1) & (3), go to 2 lines; 1 line parallel to wall (2), the other parallel to wall (4). Finish with M facing wall. Cpl in corner B is lead cpl for their line; cpl in corner D is lead for their line.
- 5-8 All turn on spot, CCW, with 8 step-hops.
- 9-16 Starting to R do heel-clicks - ftwk as in PART B. Do this in lines, M facing wall, W facing ptr.

PART N: (measures 1-16)

- 1-4 With 8 sliding steps, leading cpls move to ctr (followed by rest of line) to meet in ctr.
- 5-8 In the ctr, with 8 sliding steps, leading W from corner D & leading M from corner B, tog in extended arm pos progress to corner C; while leading M from corner D & leading W from corner B tog in extended arm pos progress to corner A; rest of lines follow them in the same way.
- 9-16 With 16 sliding steps, leading cpl from corner A lead line parallel to wall (4), into corner D. Leading cpl from corner C lead line parallel to wall (2) into corner B. YOU ARE NOW AGAIN IN TWO LINES, BUT WITH NEW PARTNER!

PART O: (measures 1-16)

- 1-8 Repeat Meas 1-8 of PART N, returning to orig ptr the same way, with same pattern as you changed your ptr before.
- 9-16 With 16 sliding steps, form a circle of cpls & con't in LOD, in one big circle.

continued...

PART P: (measures 1-16)

1-4 Circle of M inside, hands joined; circle of W outside with hands joined; all face ctr.

M - 7 sliding steps & 1 jump (on both ft) in LOD.

W - 7 sliding steps & 1 jump (on both ft) in RLOD.

5-8 Reverse action of Meas 1-4.

9-16 Ptrs face, joining R hands with L joined underneath (hands crossed), arms extended to full length, leaning back to give wt, turn CW with 15 sliding steps; on ct 16 make 1 jump landing on both feet with knees bent. During this action, break the circle randomly, filling the floor.

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