

KRAKOWIAK
(Polish)

1. Couples slide around room & come up center with a good hopping slide step. Step in line up center of room & balance forward & back until end of phrase in music stamp 3 times.

2. Stamp hop or lame duck step. Boy guides girl in little circle around him C.C while he practically marks time in place, lifting R knee higher on 1st count. Girl stamps her R foot, then hops on L bending R knee up almost at right angles. There are 2 hops on L. A little one to precede the stamp. Girl progresses very slowly, taking 7 steps to circle back to place, both stamp 3 times.

3. Box step in line.

4. Diamond step. Both begin right & desc a deam, 2 steps take them to their partners places; two steps back. Leap & hop onto R, drag forward to R. Take $\frac{1}{2}$ turn R, & step back & hop on left foot, in partners place. Leap hop right again (to side opp. one from which you came) & step back, hop in original place.



On the leap steps into the center give real action & throw the whole body & both arms to the right, the L leg being stretched backward. On the backward step & hop, the arms are swinging gently to the left & the R leg is raised slightly forward. There is no emphase on the step.

5. Girls take hold of skirts, slide to R $1\frac{1}{2}$ around the room. R arm leading which means facing outward in the circle. Boys raise R arm over head with L hand ~~xxx~~ on hip & slide around room left hand leading facing outward.

They pass in back & front of room, but when partners meet again in back, the boy puts R arm around her waist (as in fig. 1) & they pass in back & come up center, Balance to end of phrase & on last measure take finishing pose. Boy drop to L knee, Girl sets on his R knee & throws her R hand in air.