

KRAKOWIAK

This practice pattern is based on the dance, "Ada's Krakowiak".
For complete notes, see UOP Folk Dance Camp Syllabus, 1974.
Taught by Ada Dziewanowska.

MUSIC: Muza XL-0203, "Farewell to my Country," side B, band 4

FORMATION: Cpls in circle, M inside, facing ptrn, MR, WLH joined.

2/4 Meas.

Introduction

1-4 Hold
5-6 W "rolls" into MR arm with one CCW turn, ending facing ptrn,
MR arm around ptrn waist, WLH on MR shoulder, free hands
fist on hip.
7-10 Sway to ML, R, L, R.

I. Couple Gallop

1-8 15 slides in LOD, MLH high, arm straight. On ct 16, jump
onto both with feet together (MLH returns to hip).
9-16 REPEAT meas 1-8 with ML hand on hip.

II. Couple Turn

Turning step: hop inside ft (ct "ah"), step on outside ft (ct 1),
step inside ft (ct 2). On hop, knee is raised
and M must step behind with L on ct 2.
1-7 7 turning steps, turning CCW in place, W fwd, M bkwd. Maintain
a semi-closed, "rounded" position.
8 Stamp twice (ct 1,&), ending facing LOD.

III. Clicks Away & Together

Hořubiec Step to L (2 meas): hop twice on R, clicking L to R
(ct 1,2) (knees straight, L toe down). Stamp L,R,L
(ct 1&2).
1,2 Hořubiec Step away from ptrn. ML, WR arm extended diag. up on
clicks, returning to hip on stamps.
3,4 Hořubiec Step together. MR, WL arms up.
5-8 REPEAT away & together.

IV. Circle Gallop

1-8 15 slide-steps to R in circle, joining hands on first step.
Jump onto both feet (feet together).
9-16 REPEAT slides & jump to L.

V. Scuff Step in Place

Scuff step (2 meas.): Brush R Heel diag fwd in front of L
(ct 1), brush R foot diag back (ct 2). 3 stamps in place,
R,L,R (ct 1,&,2). Next step begins with L. Knees are bent
slightly in preparation for brush.
1-8 4 Scuff Steps with R, L, R, L. Hands still joined in circle.
On last 3 stamps, W move in, turning 1/2 L to face ptrn
(M face in, W face out).

Continued...

KRAKOWIAK (continued)

- VI. Clicks in a Box
- 1,2 One Hořubiec Step (as before, click, click, stamp, stamp, stamp) to own R, R arm up on clicks, down on stamps. On stamps make 1/4 turn to own R (M face LOD, W face RLOD).
- 3,4 One Hořubiec Step to L, L arm up on clicks, M move in, W out. On stamps, make 1/4 turn to R to face ptr, M face out, W face in.
- 5-8 REPEAT meas 1-4 to place: Hořubiec to R, 1/4 turn; then to L, 1/4 turn. R arm leads when moving to R, L arm leads when moving to L.
- 9-16 REPEAT meas 1-8. One more complete box.
- VII. Gallop in 2 Circles
- W join hands in circle inside, facing out. M join hands in circle, facing in.
- 1-8 15 slides & jump to own R.
- 9-16 15 slides & jump to own L back to ptr.

Presented at the 1977 Teacher Training Program, Folk Dance Federation of California, Inc., by Ned & Marian Gault.