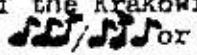
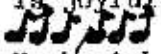


KRAKOWIAK "NA KRAKOWSKĄ NUTĘ"

(krah-KOH-vyahk nah drah-kófskóm NOO-téh)

Krakowiak, which originated in the Kraków region, is one of the five Polish national dances, the other four being: Polonez, Mazur, Kujawiak, and Oberek. Of all the Polish dances the Krakowiak is the most expressive of the Polish character. It is a couple dance done in a group, led by the man of the first couple. After the Polonez, it is Poland's oldest dance. Records show that it was done during the Jagiellonian period, in the beginning of the 16th century, although it was probably danced as early as the middle of the 14th century. It has its roots in the peasantry of the Kraków region, in southern Poland; it was later taken over by nobility, who shaped and embellished it. Because of the gaiety and liveliness of this dance, the Krakowiak spread all over Poland. Every Polish child knows the basic steps and the familiar tunes. It became also popular abroad, and is danced throughout eastern Europe, and also in Israel. The famous, 19th century Viennese ballerina, Fanny Elssler, included it in her repertoire and performed it both in Europe and America.

Polish sentiment for the horse may have inspired the music and steps of the Krakowiak. The characteristic feature of the dance is its fast gliding gallop, with which the dancers move in various directions, intermingled with energetic, sprightly, accented steps, done almost in place. The woman's style of dancing does not differ much from the man's contrary to other Polish national dances, where the man is given more opportunity to show off. The music of the Krakowiak is joyful and bouncy, based on a characteristic syncopated form:  or  One can hear in it the gallop of a horse. There are many tunes of the Krakowiak, both ancient and modern, some anonymous and some written by famous composers. The tunes often derive from folk songs, which speak about love and war, or praise the richness of the costume, the strength of the boys, the charm of the girls and the beauty of Polish landscape. The Krakowiak is always a part of the repertoire of all Polish professional and amateur folk ensembles both in Poland and abroad.

This arrangement of the dance, prepared by Jas Dziewanowski to the music of the Krakowiak "Na Krakowską nutę" (On a Cracovian Note), introduces less known steps and figures of the Krakowiak. (For more steps and figures see Ada's Krakowiak in "National Dances of Poland.")

Music Record: ZM-46729 "Tance Ludowe z Polaki - Volume 2" (Folk Dances from Poland), side B, band 1, (available from Ada Dziewanowska; 2/4 time.

Styling General styling is proud and crisp. Head and torso almost always remain uplifted, arm, when extended, is straight, with palm up, unless otherwise noted. When placed on hips, hands should be in a fist on the forward part of the hip, elbows forward and shoulders down. As always in the Polish national dances, the M is very attentive to his ptr

(cont.)

Steps

Galop or cwał (tsfau): Two per meas - slightly bouncy sawd step-close, beg M-L, W-R.

Zeskok (ZEMS-kohk): Requires 1/2 meas - an accented jump landing on both feet, knees slightly bent, feet together.

Porębiana (poh-res-BIANEE-skah): Requires two meas. The step is described moving to L. (Repeat of step is danced with opp ftwk and dir).

Meas 1, ct 1: Start with hands on own hips; bring R arm diag down to side, step L ft to L.

Meas 1, ct 2: Sweep R arm from R to L at waist level and bend fwd from waist, torso straight, step R ft across to L bending knees sharply, L ft coming slightly off floor in back of R ft.

Meas 2, ct 1: Maintain pos and step L ft in back of R ft.

Meas 2, ct 2: Make a definite hop on L ft, bringing torso erect, straightening R arm overhead, and raising R thigh parallel with floor.



Starokrakowaka (stah-poh-krah-DOWF-stah):

Requires four meas (there are several variations of the second part). Face ptr, M

faces LOD; W-RIGD, ptrs approx four ft apart. Place hands on own hips.

M's Action:

Meas 1, ct 1: Beg 1/4 turn; do an accented step fwd with R ft; leave L ft in place, knees are bent. Turn is CW.

ct 2: Complete the 1/4 turn; straighten knees; sweep L leg straight, ft extended, in a semi-circular motion along floor until it faces LOD (M is now facing out of circle).

Meas 2, ct 1: Beg a 1/2 CW turn, making an accented step fwd L ft; leave R ft in place, knees bent to face LOD.

ct 2: Complete 1/2 CW turn to L, repeating action of ct 2 of meas 1 with opp ftwk and dir except R leg will still sweep to LOD.

Meas 3, ct 1: Facing LOD, drop onto R ft, L leg bent bkwd, clapping hands, brushing them vertically and then extending arms to sides and slightly fwd.

ct 2: Hold.

Meas 4, cts 1, and 2: Move fwd with three accented steps: L, R, L, returning hands to hips and straightening knees.

ct and 2: Hold.



(Krakowiak "Na krakowską nutę" -- p. 5)

W's Action:

Meas 1, ct 1: Step R ft bkd, making 1/4 turn CW; leave L ft in place, knees bent. (Now facing center).
ct 2: Extend L ft fwd, straightening knees and touching floor with toe.

Meas 2, cts 1, 2: Repeat action of meas 1, cts 1, 2 with opp ftwk, making a 1/2 CCW turn (instead of a 1/4 CW turn).

Meas 3, cts 1, and, 2: Make a full turn CW in place on straight knees with three steps (R, L, R).
ct and: Hold.

Meas 4, cts 1, and, 2: Take three steps moving bkd on deeply bent knees, bowing fwd slightly, while opening slightly rounded arms to sides at waist level; palms face fwd.
ct and: Hold.

Traveling Hożubiec (hoh-WOO-byets): Requires two meas. The step is described moving to L. (Repeat of step is danced with opp ftwk and arm, turning CW and continuing movement in same dir.)

Meas 1, cts 1, 2: Hop two times on R ft, moving to L and clicking heels together at height of each hop, leg straight, ft extended during clicks. Start with hands on own hips, sweep R arm in front and overhead while hopping.

Meas 2, cts 1, and, 2: Dance accented running steps on slightly bent knees, continuing movement in same dir and making a 1/2 CCW turn, while returning R hand to hip and leaning slightly fwd from waist.
ct and: Hold.

Starting Position: Cpls in a circle, hands on own hips, both ptrs facing LOD, M somewhat behind and diag across from W. Ptrs maintain eye contact.

PATTERN

Meas
1-4

INTRODUCTION

1-8
9

FIGURE I: PROMENADE

W: R, dance sixteen walking steps LOD.

M: Dance two more walking steps LOD.

W: Turn to face ctr, dance two Galops moving LOD.

10

M: Dance one more walking step (ct 1); do a Zaskok with deeply bent knees, clapping hands, brushing them vertically, quickly extend arms to sides slightly fwd (ct 2); hold (ct and).

11-20

W: With two steps R, L, make a full CW turn continuing to move LOD.
Repeat action of meas 9-10 five times (six times total).

1 11

FIGURE II: POREBIANSKA

W: Four Porebińska (Meas 1, 2, 3, 4) (Meas 1, 2, 3, 4) (Meas 1, 2, 3, 4) (Meas 1, 2, 3, 4)

(cont.)

FIGURE III: GALOP

- 1 Assume open shldr-waist pos, ptrs facing each other. M faces out of circle. Outside hand on own hips. Do two Galops LOD.
2-4 Do five more Galops and a Zeskok.
5-8 Do seven more Galops and a Zeskok, continuing L.O.D.
9-16 Repeat action of Fig III meas 5-8 two times except during the last Zeskok, release ptr and turn so that M faces LOD, W-RIOD, hands on own hips.

FIGURE IV: STAROKRAKOWSKA FIGURE

- 1-16 Moving LOD, dance four Starokrakowską figures. On meas 16, move within about two ft of ptr.

FIGURE V: GALOP AND TURN

- 1 Repeat action of Fig III meas 1.
2 Dance two more Galops.
3-4 Cpls: Dance full CCW turn in place with four Galops. Lean bkwd slightly. M bend knees deeply and extend L arm to side.
5-6 M: Return L hand to hip. Cpls: Dance four Galops, moving LOD.
7-8 Repeat action of meas 3-4.
9-16 Repeat action of meas 5-8 two times (four times total), except on meas 16, ct 2, release ptr and dance a Zeskok (ptrs continue to face, M facing out of circle).

FIGURE VI: TRAVELING HOZUBIEC

- Fig moves continuously LOD.
1-16 Dance eight Traveling Hożubiec Steps, M move to L on first step; W move to R.

FIGURE VII: FINALE

- 1-8 Still facing ptr, beg M with L, W with R, dance four Porębiańskas.
9 With three steps (M-L, R, L; W-R, L, R) turn (M-CCW; W-CW) in place, hands on own hips (cts 1, and, 2); hold (ct an.).
10 Stamp two times (M-R, L; W-L, R) in place.
11 M: Stamp R ft in place sweeping straight R arm diag over head (ct 1); hold (ct 2).
W: Stamp L ft in place (ct 1); hold (ct 2).

VARIATION FOR FINALE

- M: May, in place of Fig VII, meas 10-11;
10 Kneel back onto R knee, top of R ft on floor, leaving L ft in place and bending fwd from waist, torso straight, bring R arm in back straight (ct 1); start to lift torso sweeping straight R arm fwd (ct 2).
11 Bring torso fully erect, sweeping straight R arm diag overhead and slightly behind (ct 1), hold (ct 2).

(Krakowiak "Na krakowska nutę" -- p. 5)

Introduced by Ada and Jaś Dziewanowski
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