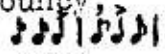
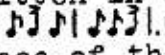


Presented by Ada Dziewanowska

KRAKOWIAKI  
Poland

Pronunciation: krah-koh-VYAH-kee (This is the plural of the word "krakowiak," as this arrangement prepared by Ada Dziewanowska is made to a medley of popular traditional krakowiak tunes.)  
Record: XM-46755 "Easy Dances from Poland," side A, band 1, available from Ada Dziewanowska.

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 it 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, but was later taken over by nobility, who shaped and embellished it. Occasionally the Krakowiak was used as a warriors' dance, done by men alone. The Krakovians are more sunny, vivacious and carefree than the inhabitants of other parts of Poland. It is said, that the Krakovians like their week to be made of three work days and four days of rest. Because of the gaiety and liveliness of their 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, written in 2/4 time, 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. These couplets (przyśpiewki - pshih-SHPYEF-kee) are very often part of the dance. The colorful Kraków costume is very much a part of the dance too. The jingling of the ringlets on the men's belts and the flying of girls' ribbons and men's peacock feathers attached to their hats enhance the effect. Any teaching of Polish folk dancing usually starts with the Krakowiak. It is always a part of the repertoire of all Polish professional and amateur folk ensembles both in Poland and abroad.

STYLING AND STEPS

Krakowiak should be danced with vigor and in an erect posture. Head and torso almost always remain uplifted, arm, when extended, is straight, with palm up. When placed on hips, hands should be in a fist on the forward part of the hip, elbows forward and shoulders down.

Galop [GAH-lop] or cwał [tsfau] - 2 per meas - slightly bouncy sđwd step-close.

Zeskok [ZEHS-kohk] - takes 1/2 meas - in preparation step in the dir you are moving (ct 1); do a Zeskok, i.e., an accented jump landing on both feet, knees slightly bent, feet together (ct 2). Used to end a phrase.

Krzesany z półobrotem [ksneh-SAH-nih spooow-oh-BROH-tehm] - Scuffing Step with a 1/2 turn - takes 2 meas: With R side adjacent to ptr, hold ptr in waist with R arm and place L fist on own hip. With wt on R ft, bend both knees and raise L ft in back in preparation (ct & of previous meas); sharply scuff L heel fwd, straightening both knees, and extend L arm diag upward with upper body leaning slightly to the L (ct 1 of 1st meas); brush L ft bkwd with toes, knees relaxed (ct 2 of 1st meas); with 3 steps (LRL) make a 1/2 CW turn in place, ending with L side adjacent to ptr, hold ptr in waist with L arm and place R fist on own hip (cts 1,&,2 of 2nd meas); bend knees, etc. in preparation (ct & of 2nd meas). Repeat of Step is done with opp ftwk, arm pos, and dir of lean.



Krok chodu [krohk HOH-doo] - Walking Step: Beg L ft, dance 3 steps per meas (cts 1,&,2); 1st step is done on full ft, 2nd on the ball of the ft, 3rd with a slight accent; hold (ct &). Repeat of Step is done with opp ftwk.



Holubiec [hoh-WOO-byets] Step - takes 2 meas: Start with fists on own hips. Extending R arm diag upward, do 2 hops on L ft, moving to the R and click heels together at the height of each hop, legs straight & feet extended during clicks (cts 1,2 of 1st meas); return R fist back to hip, do 3 stamps (RLR) in place on slightly bent knees, and bow (cts 1,&,2 of 2nd meas). Repeat of Step is done with opp ftwk, arm, and dir.

Porebiańska [poh-ren-BYANEE-skah - the name means "from Porebiany"] - takes 2 meas - Step described moving to R: Start with fists on own hips. Bring L arm out to L side, as you step R ft to R (ct 1 of 1st meas); while sweeping L arm from L to R at waist level and bending fwd from waist, torso straight, step L ft across to R, bending knees sharply, R ft coming slightly off floor in back of L ft (ct 2 of 1st meas); maintaining pos, step R ft in back of L ft (ct 1 of 2nd meas); while bringing torso erect, straight L arm overhead, and L thigh parallel with floor, toes pointing down, do a large hop on R ft (ct 2 of 2nd meas). Return L fist back to hip and repeat the Step with opp ftwk, arm, and dir.



Krok biegu [krohk BYEH-goc] - Running Step: 2 light running steps (cts 1,2 of each meas) with thighs vertical and lower legs kicking up slightly in back.

FORMATION

Cpls in a circle, ptrs in open shldr-waist pos facing each other, outside fists on own hips, M back to ctr.

Measures

PATTERN

INTRODUCTION

1-2 No action.

I. COUPLE GALLOP (Melody A)

1-8 Bef M-L, W-R, dance in LOD 14 Gallop Steps and a Zeskok.

9-16 Repeat action of meas 1-8. End with R side adjacent to ptr and with your R arm hold ptr in waist. W: place L fist on own hip.

II. KRZESANY AND TURN (Repeat of Melody A)

- 1-8 Dance 4 sets of the Scuffing Step.  
9-15 Keeping same arm hold, extend L arm diag upward and leaning away from ptr, turn CW in place with 7 sets of the Walking Step.  
16 Release ptr, place fists on own hips and do 2 stamps (RL), facing ptr, M's back to ctr.

III. HOŁUBIEC W KWADRACIE [hoh-WOO-byets vkfah-DRAH-cheh] CLICKS IN A SQUARE (Melody B)

- 1-2 Hołubiec Step to R, face to face, 1/4 CW turn on the 3 stamps.  
3-4 Hołubiec Step to L, back to back, 1/4 CW turn on the 3 stamps.  
5-8 Repeat meas 1-4 (Fig III) completing square.  
9-16 Repeat meas 1-8 (Fig III), ending in two circles - M facing out, W facing in, not quite facing ptr but slightly to the R.

Variation to Fig III (easier):

Preparation: face ptr, M's back to ctr, and extending arms to sides, join hands with ptr at chest level, M's palms underneath W's hands. Beg hopping M on L ft (W on R) and moving M to R (W to L), dance 8 sets of the Hołubiec Step omitting the arms movements.

IV. CIRCLE GALLOP AND POREBIAŃSKA (Done to the old 14-meas song, "Płynie Wisła, płynie"- see words below.)

W: extend your arms to sides. M: cross your arms and join your R hand with ptr's L hand and your L hand with R hand of W on your R. (Easier Variation: Place fists on own hips.)

- 1-6 Beg M-R, W-L, dance 12 Gallop Steps in RLOD.  
7-14 Beg M-R to R, W-L to L, dance 4 Porebiańskas.  
15-28 Repeat action of meas 1-14 (Fig. IV).

Variation to Fig. IV (easier):

During meas 7-14 and 21-28 do not release ptrs and dance the Porebiańskas omitting the movements of the arms.

V. RUN AROUND THE CIRCLE (Done to the 1st part of the old "Lajkonik Song" - see words below. For the story of the Lajkonik see Dziewanowska's "Bawmy się - Let's Play".)

- 1-8 Place fists on own hips, do a 1/4 CCW turn and beg M-R, W-L, run with 8 sets of the Running Step M in LOD, W in RLOD.  
9-16 Make a 1/2 M-CCW, W-CW turn and repeat action of meas 1-8 (Fig V) in opp dir. Moving to a clear space on the floor, end facing ptr and take cross-hand hold. M: take no wt on the final step (L ft).

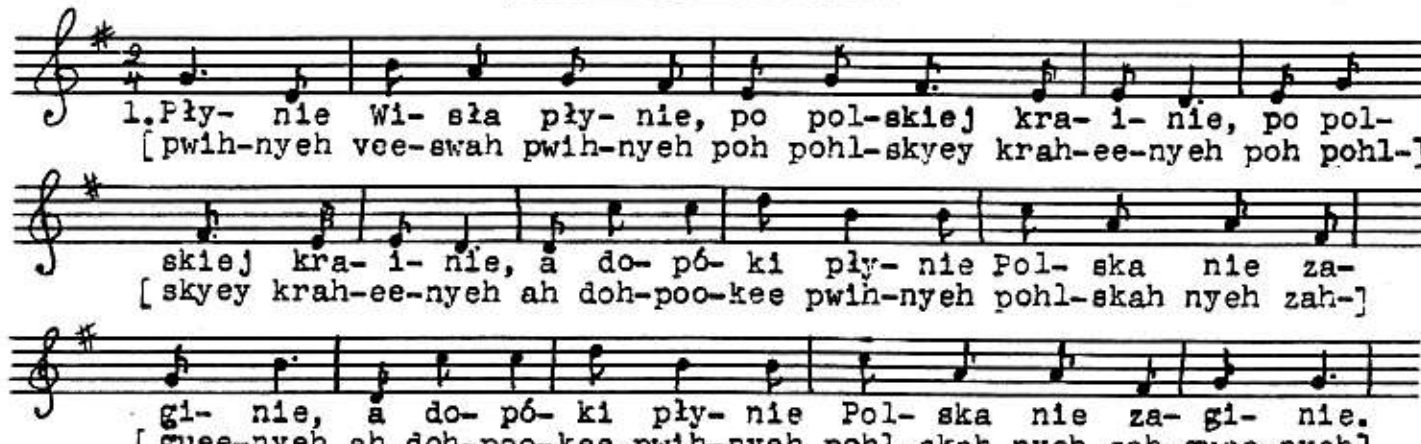
VI. GALLOP SPIN (Done to the 2nd part of the "Lajkonik Song." This Fig is called "Drobna kaszka" [DROHB-nah KASHH-kah] - small kasha.)

- 1-16 Beg L ft, with 31 small smooth Gallop Steps and a Zeskok spin CW in place in the following manner (Note: keep ft close to ptr's and lean back at shldr with arms out straight):  
8 gallops - both standing straight  
8 " - W squatting  
8 " - M squatting  
6 " - both standing straight and doing Zeskok on the last ct, extending straight L arm diag up.



(cont.)

PŁYNIE WISŁA, PŁYNIE



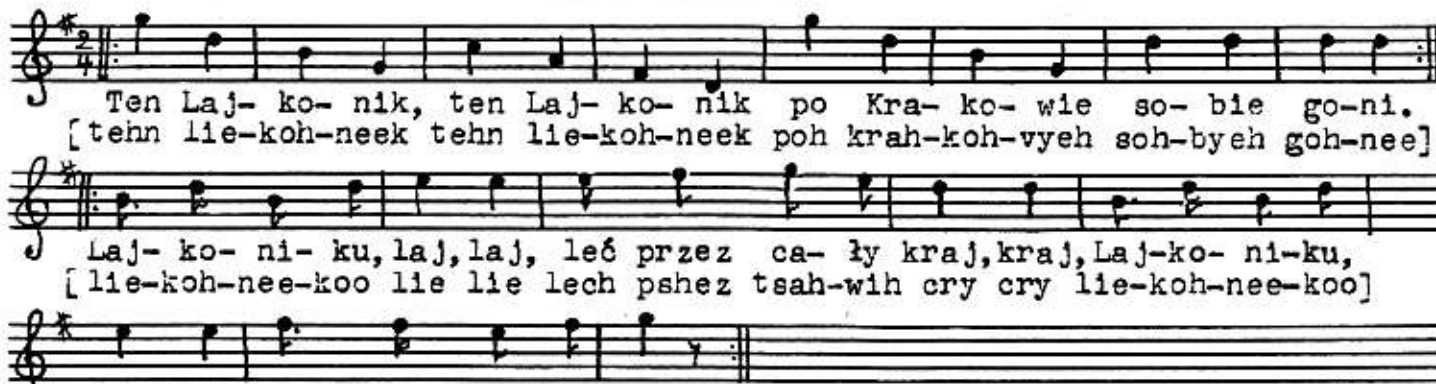
1. Pły- nie Wi- sła pły- nie, po pol- skiej kra- i- nie, po pol-  
[pwih-nyeh vee-swah pwih-nyeh poh pohl-skyey krah-ee-nyeh poh pohl-]  
skiej kra- i- nie, a do- pó- ki pły- nie Pol- ska nie za-  
[skyeey krah-ee-nyeh ah doh-poo-kee pwih-nyeh pohl-skah nyeh zah-]  
gi- nie, a do- pó- ki pły- nie Pol- ska nie za- gi- nie.  
[gwee-nyeh ah doh-poo-kee pwih-nyeh pohl-skah nyeh zah-gwee-nyeh]

2. Zo- ba- czy- ła Kra- ków, wnet go po- ko- cha- ła, wnet go po- ko- cha- ła  
[zoh-bah-chih-wah krah-koof vneht goh poh-koh-hah-wah vneht goh poh-koh-hah-wah]  
i w do- wód mi- łoś- ci wstę- gą o- pa- sa- ła i w do- wód mi- łoś- ci  
[ee vdoh-voot mee-wosh-chee vsten-gom oh-pah-sah-wah ee vdoh-voot mee-wosh-chee]  
wstę- gą o- pa- sa- ła.  
[vsten-gom oh-pah-sah-wah]

Translation

1. Vistula is flowing through the Polish land, and as long as she is flowing, Poland will not perish.
2. She saw Kraków and soon she fell in love with him and as a proof of her love she encircled him like with a ribbon.

LAJKONIK'S SONG



Ten Laj- ko- nik, ten Laj- ko- nik po Kra- ko- wie so- bie go- ni.  
[tehn lie-koh-neek tehn lie-koh-neek poh krah-koh-vyeh soh-byeh goh-nee]  
Laj- ko- ni- ku, laj, laj, leć przez ca- ły kraj, kraj, Laj- ko- ni- ku,  
[lie-koh-nee-koo lie lie lech pshez tsah-wih cry cry lie-koh-nee-koo]  
laj, laj, leć przez ca- ły kraj.  
[lie lie lech pshez tsah-wih cry]

Translation

This Lajkonik runs through Kraków. Lajkonik, run through the countryside.

Dance introduced in the Winter 1977/78 during Ada Dziewanowska's trip to Israel. Do not reproduce these directions without Ada's permission.

45 KRAKOWIAKI

Meter 3/4

46

Krzesany z polobrotem, line 3 change in to around

Line 3-5: Delete from and place L fist.....previous meas.  
Should read - In preparation (ct & of previous meas), bend both knees and raise L ft in back, bring L arm out low to side, palm facing bkwd.

46

Krzesany z polobrotem, line 6, delete extend-L-arm-diag, and replace it with: sweep L arm down to R and extend it diag straight upward.....

Line 8, delete ft bkwd-with, should now read: L toes bkwd knees.....

Line 10, change in to around

Holubiec, line 2, change Extending-R-arm-diag-upward to: sweep L arm down to R and extend it diag upward

Fig. I, meas 9-16, line 2, change in to around, then delete: W+-place-L-fist-on-own-hip.