

Łasowiak

Pronunciation: lah-SO-vyak

Record: Folk Dancer MH 45-4001. Music by Stanisław Szabat's Folk Orchestra from Rzeszów.

This is a dance from the Rzeszów region of Poland.

Formation: Couples face the center of a circle. The Man stands behind the Woman, and has his arms around the Woman so that he is holding her forearms, R in R and L in L.

Measure

Pattern

PART I

- 1-16 Man and Woman stand in place, slightly flexing knees as Man claps Woman's hands together, 16 times.
- 17-24 Man places hands on Woman's waist; she has fists on her waist in front of hip bones. Both galop (slide) to own L 7 times. On the 8th time, jump on both ft, close together.
- 25-32 Repeat in other direction, but end facing partner in single circle formation, with Man facing CCW and Woman facing CW.

PART II

- 1-8 Partners both slide sideward to center of ring, clapping hands, with elbows jutting out and fingers pointing downward. Do 7 galop steps toward center and finish with jump on both ft close together, and on the jump immediately place both fists on own waist.
- 9-16 Repeat meas. 1-8 in other direction.
- 17-24 Take upper arm position (muscles) and round out the arms as if they were around a barrel. Dance to L, CW, with 7 very smooth, tiny galop steps and finish with a jump on both ft close together.
- 25-32 Repeat in other direction. **IMPORTANT:** During this figure, the arms are moved down and up with a pumping motion of the elbows. On the last jump make sure Woman finishes with back to center of circle, facing partner.



PART III

- 1-16 All move to own left with 7 galop steps and a jump on the 8th ct, and continue moving in same direction with another 7 galop steps and a jump. **IMPORTANT:** During this figure, Women clap their hands over their heads with elbows jutting out and fingers pointing upward, and men bend their bodies and clap their hands knee high with fingers pointing downward. On the 8th and 16th cts, everybody places both fists on own waist.
- 17-32 Resume upper arm position with new partner you are now facing and do meas. 17-32 of Part II (sideward slide and hand pumping). On the last jump, Woman finishes with back to this new partner with whom she will then repeat the dance from the beginning.

Note: This dance is arranged as a mixer. If you prefer not to make it a change partner dance, then in Part III, meas. 9-16, do 7 galop steps and a jump to the RIGHT, instead of to the left.

Children's Version: The record should be slowed down; do only Parts I and II.

Dance researched by Ada Dziewanowska and presented at Maine Folk Dance Camp 1970. Please do not reproduce these directions without Ada's permission: 41 Katherine Road, Watertown, Mass. 02172, tel. (617) 923-9061.