

Náchodský zámeček

(Bohemia, Czech Republic)

This dance is a party mixer from the Náchodsko region of northeastern Bohemia. The name means “castle from Náchod,” but it is also known as “Czech Family Waltz.” František Bonuš taught a similar dance under the latter name at the 1986 Stockton Folk Dance Camp.

Pronunciation: NAH-chod-skee ZAH-meh-chek

Cassette: *Dances from the Czech Republic, Stockton Folk Dance Camp 2001, Side A/8.* 3/4 meter

Record: FB 114006, Side B/3.

Formation: Cpls in a circle facing each other, M with backs to ctr. W's free hands are on skirt. One M is designated as the leader.

Meas

Pattern

INTRODUCTION None.

I. TURNING WALTZ

- 1-2 No action.
- 3-4 Bow to ptr.
- 5-6 Waltz balance step bkwd and twd ptr. End in Closed-ballroom pos.
- 7-23 Waltz 17 turning waltz steps turning CW and moving as a cpl in LOD (CCW).
- 24 M turn W under raised L arm to form a single circle, all facing ctr. W is to L of M and hands are held down (V-pos).

II. CHANGING PARTNERS

- 1-2 Beginning M's L and W's R, dance 1 waltz turning to acknowledge (face) ptr; then turn with 1 waltz step in opp direction to face neighbor (corner).
- 3-4 With 2 waltz steps M lead ptr across in front to his R side; reform circle.
- 5-6 Waltz balance fwd twd ctr and back.
- 7-24 Repeat meas 1-6 three more times, except that on meas 24 form a double circle with cpls side by side (W to R of M) and facing LOD. Inside hands joined and held down.

III. STEP-SWING

- 1-2 Step on outside ft (M's L, W's R)(ct 1); swing free ft across in front of other while lifting onto toe of supporting ft (ct 2); lower heel as leg swings back (ct 3). Repeat with opp ftwk. Joined arms swing fwd on ct 2 and back on ct 3.
- 3-4 Move fwd in LOD with 2 running waltz steps. Hands swing fwd and back on each meas.
- 5-16 Repeat meas 1-4 three more times.

IV. TURNING WALTZ

- 1-16 Dance 15 turning waltz steps in ballroom pos turning CW, and moving in LOD (CCW). On meas 16, M turn W out under L arm to reform circle with W to L of M.

Náchodský zámeček—continued

V. REPETITIONS

- 1-64 Repeat Fig II (1-24) and then half of Figs III and IV (meas 25-32 and meas 33-40). Repeat Fig. II once again (meas 41-64), but end in single circle.

VI. CIRCLE AND SPIRAL

- 1-24 W hook arms through M's elbows on either side. Circle moves in LOD with running waltz steps, starting with R ft, and bending knees on each step (“kolečko step”). At about meas 13, the designated leader break the circle and lead line into a spiral.

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