

POLONEZ
(Czechoslovakia)

A cpl dance from Northeast Bohemia.

Pronunciation:

Record:

Formation: Cpls in double circle, W outside. Inside joined hands held at shldr level, not quite extended (slightly bent).

<u>Meas</u>	<u>Pattern</u>
	<u>PART I.</u> Starting with outside ft.
1-4	Three even length steps fwd, dip on ct 1. All steps are accented. Do three times, and then dance three steps in place.
5-8	Repeat action of meas 1-4, but on meas 8 turn to face ptr, hands on hips.
9-12	R elbows hooked, one step-close-step, one step (done three times); three steps in place.
13-16	Ptrs next to each other CCW repeat 5-8 -- 2 meas introduction. Ptr facing both balance to L - away and both balance together R.
	<u>PART II.</u> Ftwk for M; W do opp.
1	L side, close R. L side, hop (lift R). R, L in place ct 1 ct 2 ct 3
2	Reverse to R.
3-6	Repeat action of meas 1-2 twice.
7-8	M circle L (six steps), W circles R (six steps) to place.
9	Both R, open balance step (always turn sdwd facing ptr).
10	Both L, open balance step
11-12	Change places, both step R (five steps and close) R shldrs leading.
13-14	Repeat action of meas 1-2.
15-16	Change places, L ft starts, L shldr leads.
	<u>PART III.</u>
1-11	Repeat action of Part I, meas 1-11.
12	Move to single circle, all holding hands on three steps.
13-15	CW L st 2, L, repeat 2 X. dip
16	Step R, L.
17	Close, all lift arms.
18	Hold
19	Reverence.
20	Return to standing pos.

Presented by František Bonus