

POLONEZ

SOURCE: "Polish National Dances" by Ada Dziewanowska
 MUSIC: Muza XL-0203 "Farewell to my Country," side A, band 1
 FORMATION: Circle of cpls face LOD, inside hands joined and held fwd,
 WRH holds skirt, ML fist on hip.

Basic Polonez Step: Slightly bend inside knee and take a smooth reaching step with outside foot (ct 1); 2 steps fwd (with inside, then outside ft) (cts 2,3). Knee of extended foot is straight on first ct. All steps are taken so that ball of foot touches floor first, heel last. Step is very smooth and the torso remains upright and elegant throughout. Repeat of step begins with inside ft.

3/4 Meas.

- I. Promenade in Circle
 1-10 Polonez steps moving fwd in LOD
- II. Changing Places
- 1 Cpl moves fwd in LOD, 1 basic.
 2 W turns L, crossing to inside (keep MR, WLH joined), 1 basic.
 3 Cpl moves fwd in LOD, 1 basic.
 4 W moves to outside (no turn) under joined hands, 1 basic.
 5 Cpl moves fwd in LOD, 1 basic.
 6 M takes WLH in his LH, and they both step back, 1 basic step, in RLOD. MRH goes behind (not touching) ptrn, with a large sweep of R arm (All hand changes take place simultaneously on ct 1).
 7,8 2 basic steps turning CCW one full turn as a cpl in place.
 9 Move fwd in LOD, 1 basic.
 10 Bow: Step fwd on straight inside leg (ct 1), dip back on outside ft (ct 2), step fwd with inside leg straight.
- III. Triangles - Inside H joined.
- 1 M crosses L in front of W, with bent knees (basic step with big dip on ct 1) under the joined hands to outside. W does basic step in place.
 2 Drop hands. M one basic bkwd in RLOD, fist on hips. W one basic fwd in LOD, holding skirt.
 3 W turns CW in place with 1 basic step as M takes 1 basic L diag fwd to end beside ptrn.
 4 M takes WLH in his LH (MR behind W, not touching) and cpl takes 1 basic fwd in LOD.
 5-8 REPEAT Meas 1-4. M takes WLH with RH as he steps across in front.

continued...

POLONEZ (continued)IV. Promenade in Circle - Cpls move LOD

There are many grand-march-type figures used in Polonez. They are usually called or directed by a leader. Here are some that Ada suggests:

- V. Down the center. First couple Left, next couple Right.
- VI. When they meet, one cpl makes an arch with inside hands. All cpls on that side follow and make a "tunnel". When cpls meet on other side of hall, figure is repeated with the other line making the arch.
- VII. Down the center again - in fours.
- VIII. Lines turn L into a star; person on L end of line put LH into star.
- IX. Swing out into one large circle.
- X. Leader leads "snail" figure, winding and unwinding back into circle.
- XI. Promenade as couples. On last 2 meas, do bow such as in Fig. II, meas 9, 10.

Taught at the 1977 Folk Dance Federation Teacher Training Program
by Ned & Marian Gault.