

Presented by Anatol Joukowsky
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POLONEZ WARSZAWSKI

Poland

- SOURCE:** This polonaise comes from the region of Warsaw, Poland.
- MUSIC:** Mazowaze Song and Dance Ensemble of Poland. Bruno BR50071
Side B, Band 8 Polonez Warszawski 3/4 time.
- FORMATION:** Cpls in double circle facing LOD(CCW), M to L and a little behind W. L hands joined and extended fwd about shoulder height. W hold skirt with R. M R hand at small of his back, palm out or extended at shoulder level in a protective arc behind W but not touching her. Ptrs should not be too close to each other.
- STEPS:** Basic Step: Step fwd R(ct. 1). Step fwd L(ct. 2). Step fwd R, bending knee and almost at same time, lightly brush L ft fwd(ct. 3). Next step would start fwd with L.
Description same for M and W unless otherwise noted.

Music

Pattern

meas

- 8 Introduction. No action.
- 1-3 Both starting R, dance 3 basic steps in LOD (starts with vocal).
- 4 W. dance 1 basic step as before but almost in place. Both start L. M backs up twd ctr on 1 basic step so as to end with L hands still joined and M almost facing RLOD. W still faces LOD.
- 5-6 Change places by moving fwd in an arc, L hands still joined. Dance 1 basic step fwd, starting R, twd ptrs place (meas 5). Continuing fwd movement, step L (meas 6, ct 1), step R(ct 2), point L toe and shoulder to ptr (ct 3). W now on inside of circle facing RLOD. M on outside facing LOD.
- 7-8 Cross over to take starting pos of meas 1 (Promenade), M moving straight over and W turning under joined L hands. Dance 1 basic step starting L. Continuing movement, step R(meas 8, ct. 1), step L(ct. 2), stamp R next to L(no wt)(ct. 3). Cpls are now in pos to start dance again.

Repeat action of meas 1-8 to end of music.