

POLONEZ DLA TERESA  
Poland

Pronunciation: Pole-on-ehz Dla Ter-es-ah (Polonez for Teresa)

Source: Steps and styling as learned in 1973-1974-1975 while studying in Poland, from Janusz Chmielewski, Jadwiga Hyrenewiczka, Zbyszek Kwiatkowski, Janina Marcinkowa, Jacek Marek, Zbigniew Pienkowski, Zdzidawa Starosielec and Igo Wachowiak, polish dance instructors and choreographers.

Dance arranged by Glenn Weber.

Music: MUZA XL-0181 Side A, band 1 "Witamy Was": Music is in 3/4 time.

Formation: Cpls. in a double circle facing LOD. MR, WL hands joined, held straight fwd just below shld level. ML hand flat on waist, fingers fwd. WR hand extended to side at seat level.

Basic Step: Slight dip on R knee extending L ft fwd (ct& of previous meas), Step fwd L (ct 1), Step fwd R(ct2), Step fwd L (ct3). Next step starts fwd with R.

Meas.

PATTERN

1 - 8

INTRODUCTION

FIGURE I

- 1-8 Eight basic steps fwd starting ML, WR.  
9-12 Keeping MR, WL hands joined M kneel on R knee while W dance four basic steps CCW around ptr, M watching W.  
13-16 Four basic steps fwd.

FIGURE II

- 1-6 Join ML, WL. Dance six basic fwd.  
7-8 Keeping L hands joined M stand in place while W run twelve light steps in front of ptr to ML side.  
9-14 Repeat Figure II meas 1-6.  
15-16 Repeat Figure II meas 7-8, W running back to MR side.

FIGURE III

- 104 M - Stand in place.  
W - dance four basic steps weaving in front of ptr (1meas), weaving in front of next M (meas2), Weaving in front of next M (meas3), weaving in front of next M (meas4), ending on the outside of the circle.  
5-8 M - repeat weaving as W in Figure III meas. 1-4.  
W - stand in place.  
9-16 Repeat Figure III meas 1-8.

INTERLUDE A

- 1-4 Dance four basic steps. Switch places with ptr passing R shlds (meas1), pass R shlds again returning to orig place (meas2), switch places with ptr again passing R shlds (meas3) W continue twds ctr of circle joining H's in one large circle bending slightly from waist, M travel twds ctr of circle behind ptr and to her R (meas 4). *continued..*

POLEONEZ DLA TERESA (CONTINUED)

FIGURE IV

- 1 M - one basic step twd ctr of circle passing under W joined H's, bending slightly from waist, joining H's in circle.  
W - one basic step bkwd away from ctr of circle raising body and joined H's.
- 2 M - repeat Figure IV meas 1 as W.  
W - repeat Figure IV meas 1 as M.
- 3-16 Repeat Figure IV meas 1-2 seven times.

INTERLUDE B

- 1-4 Repeat Interlude A ending M on inside W on outside as at beginning.

FIGURE V

- 1-16 Repeat Figure I meas 1-16

FIGURE VI

- 1-6 Repeat Figure II meas 1-6.  
7-8 Dance two basic steps fwd.

FIGURE VII

- 1-15 Repeat Figure III meas 1-15  
16 M - step R close L, hands straight down at side, nod head.  
W - step L, touch R behind with a slight bend of L.

Presented by Glenn Weber  
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