

## 1963 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Anatol Joukowsky

POLONEZ <sup>OP</sup> ~~from~~ BESKID  
(Poland)

- SOURCE:** This Polonaise pattern comes from the area of the Beskid Mountains. It was shown to Anatol Joukowsky by Anastacia Wojchek, a dancer with the Polish State Folk Ballet ("Śląsk").
- RECORDS:** Polish Accordion in Hi-Fi Bruno BR 50136 Side B, Band 2  
Vienna Opera Ball MGM Side 1, Band 1  
Any evenly phrased Polonaise
- FORMATION:** Form a circle of sets of three, 1 M between 2 W. All join hands with arms comfortably outstretched. Release hands between trios and each trio turn to face LOD. M stand a little back of W, with joined hands extended fwd. Arms are parallel to floor. W outside hands hold skirts. Whenever hands are free W hold skirts.
- STEPS:** Basic Step: Step Fwd R (ct. 1). Step fwd L (ct. 2). Step fwd R, bending R knee and extending L ft. fwd (ct. 3). Next step would start fwd with L.

Meas.      Pattern

3/4 meter

FIGURE I

- 1-4      Beg R, dance 4 Basic Steps in LOD.  
5      With 1 Basic Step, beg R, wheel trio 1/4 turn CCW to face ctr.  
6      Beg. L, dance 1 Basic Step twd ctr.  
7      Beg. R, dance 1 Basic Step in place as M leads W twds each other so W face M with W back to ctr.  
8      Releasing hands, M bows from waist to W. W join near hands and curtsy to M, L ft going behind. Dancers are now in 2 concentric circles, W on inside facing out and M on outside facing ctr.  
9-12      Both circles move to own L. Dance 4 Basic Steps beg R. W keep her hands joined and free hand holding skirts. M put R hand at small of back, palm out and extend L hand diag. L fwd. Don't count original ptr and end facing 4th set of W or 4th M.  
13      M cross R hand over L and take W hands that were joined. All dance 1 Basic Step as M turns 1/2 turn R under joined hands to face out of ctr. Trios are now in pos as in meas. 1 but with backs to ctr.  
14-15      Beg L, dance 2 Basic Steps moving away from ctr.  
16      With 1 Basic Step, beg L, M wheel set 1/4 turn CCW so M and R W are facing LOD. L W continue 1/2 turn more in place so as to face RLOD but still on the L side of M (L shoulders will be adjacent). M and L W release hands. M and R W change hands so M L and W L are joined. W hold skirts with free hands and M put R at small of his back.

*continued...*

FIGURE II

- 1-8 M and R W dance 3 Basic Steps, beg R, in LOD. On meas. 4 (1 Basic Step) M place R hand at R W waist and wheel 1/2 turn CCW to face RLOD. Dance 3 Basic Steps in RLOD. On meas. 8 M lead R W to cross in front and end on outside circle. As R W crosses over, M turn 1/2 turn CCW (L) to face LOD. L W should now be standing at M L, both facing LOD. L W dance 4 Basic Steps, beg R, in RLOD. Turn R on ct. 3, meas. 4 to face LOD. Return to place with 4 Basic Steps. All L W are moving in an inside circle CW (4 meas) and CCW (4 meas).
- 9-16 M join R hands with L W. M now promenades with L W as R W moves in an outer circle. M and L W dance 3 Basic Steps, beg R, in LOD. On meas 12 (1 Basic Step) M wheel with LW 1/2 turn CW to face RLOD. Dance 3 Basic Steps in RLOD. On meas. 16 M wheel with L W 1/2 turn CW to face LOD. R W should now be at M R side. R W dance 4 Basic Steps, beg R, in RLOD. Turn R on ct. 3, meas. 12 to face LOD. Return to place on 4 Basic Steps. All R W are moving in an outside circle CW (4 meas.) and CCW (4 meas). Change to original hand pos of Fig. I and repeat dance from beginning.

Notes by Ruth Ruling

POLONEZ <sup>od</sup> BESKIDFig. II, meas 1-8, line 5: M turn 1/2 turn CW (R), not CCW.