

Powitalny Polonez

(Poland)

The Polonez (poh-LOH-nez) is the oldest of Poland's five national dances. The "Powitalny Polonez" (poh-VEE-tahl-nih), which means Welcoming Polonaise, was composed by the Polish composer Karol Kurpiński in the 1800s. The Polonez itself has no set choreography. However, due to the slower tempo and the ease of the steps and movements, everyone can join. Often done to signify the opening of a ball or festivity, one couple will lead numerous couples in a walking procession around the floor that will take them through various movements and combinations that are typical for this dance. As a national dance, many forms of the dance can be found in all the regions of Poland. The Powitalny Polonez has been choreographed to make it feel intimate, as couples begin the dance with three other couples in a small circle but soon open up the dance to join and welcome the rest of the dancers in four large circles covering the whole floor, only to end back with their friends in their original circle.

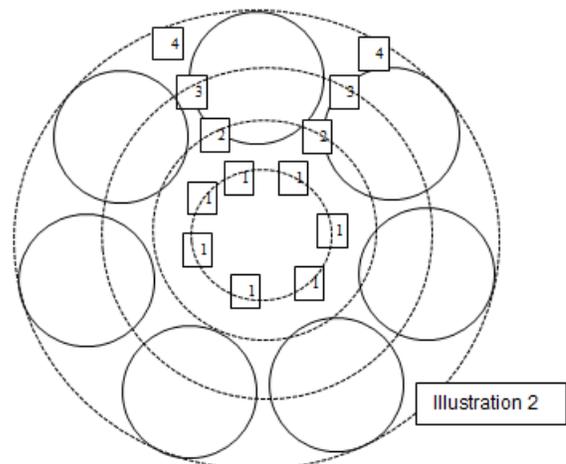
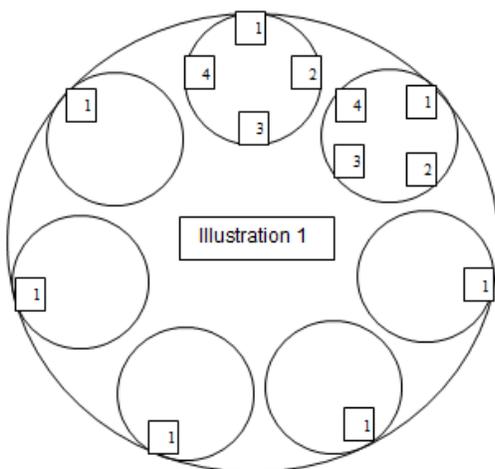


Pronunciation: poh-VEE-tahl-nee poh-LOH-nez

Music: 3/4 meter *Folk Dances of Poland by Richard Schmidt, Stockton 2012, Track 4*

Formation: Starting position: Couples stand facing each other in small circles of 4 cpls with arms at their side, M with back to ctr of the small individual circles. Each cpl has a numbered position 1 through 4, with cpl 1 being the lead cpl and always positioned on the circumference of the large outer circle. In other words, the W from every single cpl 1 is facing the ctr of the large circle. **Illustration 1** shows the set-up for the dance; however, there can be any number of individual circles, which ultimately affects the size of the larger circle.

Part II position: Following the lead cpl #1, all cpls make a multi-pointed star with cpls 1 being on the innermost circle and cpls 4 being on the outermost circle. See **Illustration 2**. Cpls follow the outline of their individual circles into straight lines behind the lead cpl.



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Holds: Hold #1: Cpl stand beside each other with M on W's L. M extends R arm fwd bent slightly at the elbow with palm facing in. W extends L arm fwd, bent slightly at the elbow, and rests it upon M's R hand. Joined hands are held slightly below shldr level during the dance and should not move; however, they should also not be stiff. M's L arm is extended out away from the side with palm up. W hold skirt out with free hand. May be done with opp pos.

Hold #2: Cpl stand beside each other with M on W's L. M extends L arm fwd bent slightly at the elbow with palm facing up. W extends L arm fwd, bent slightly at the elbow, and rests it upon M's L hand. Joined hands are held slightly below shldr level during the dance and should not move; however, they should also not be stiff. M's R arm is extended behind ptr's back without touching her, with palm up. W hold skirt out with free hand

Full Barrel Hold: Standing facing each other, cpl extend both arms out in front parallel to floor and join hands (M R to W L; M L to W R) with elbows slightly bent to form a circle.

Steps & Styling: Walking step: In preparation for ct 1, with wt on L, very gently bend the L knee while extending R ft fwd, knee slightly bent until it becomes straight, moving ft fwd with toes just above floor level (& before ct 1); step fwd firmly on R ball of ft, straightening the L knee (ct 1) [*Note:* This step is the longest.]; step fwd on ball of L ft (ct 2); step fwd on ball of R ft (ct 3). Continue Walking step using opp ftwk. Step can also begin with L and can be done bkwd taking smaller steps, especially the M as W continue the Walking step fwd around them.

Eighths: Done by W only. On the ball of the ft W raise the body up and take 6 small even steps per measure as if to float across the floor. There should be NO bouncing.

Bow: Done on ct 3 of meas. M bow to ptr by gently nodding head, W bow to ptr by slightly bending knees and nodding slightly.

<u>Meas</u>	<u>3/4 meter</u>	<u>Pattern</u>
2 meas	<u>INTRODUCTION.</u> Assume the starting position explained above. Cpls face each other on meas 1 and hold for 2 cts and bow to each other on ct 3. On meas 2 all turn (M ¼ CCW W ¼ CW) to face CCW and assume the 1st position hold. M should be attentive to their ptr..	
	I.	<u>CIRCLE OF FRIENDS</u>
1-4	A	W on M's R walk four walking steps CCW in their individual circle of four couples beg with R, ending back in the original pos.
5-6		Take Hold #2 on meas 5 (ct 1) and take 2 more Walking steps ending on the opposite side of your individual circle.
7-8		M take 2 Walking steps bkwd in place while ptr continues fwd around them, traveling CCW. Without releasing hands, W turn to face ptr on meas 8 so that cpls face CW in small circles.

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- 1 B Grand Chain: M moving CCW, W moving CW, four Walking steps starting with their ptr by holding L hands and passing them on the L to the next ptr.
- 2 Beg with L ft, cross on R side and in front of new ptr while holding R hands.
- 3-4 Repeat meas 1-2 to return to original ptr (4 cpls in each circle). If you have fewer than four couples, wait once your original ptr is reached.
- 5-6 Using Full Barrel Hold, 2 Walking steps CW one revolution ending with M facing CCW and W facing CW.
- 7-8 All now turn to the R with one Walking step (M turn out of the circle; W turn in).
Men: Step L so as to face ctr (ct 1); step R next to L (ct 2) and bow (ct 3).
Women: Same ftwk, but join hands with other W to form an inner circle of women with the men forming an outer circle behind and to the L of their ptr.
- II. CLOSE CIRCLE OF FRIENDS
- 1-4 A M in outer circle travel sideways with Walking step CW beg with L ft. On Meas 4, take two steps R, L (cts 1, 2); touch R ft next to L ft (ct 3). W travel sideways CCW with opp ftwk.
- 5-8 Repeat meas 1-4 with opp ftwk and direction. Cpl ends in the original pos.
- 1-2 B M beg with R, 1 Walking step fwd, lowering arms while passing the W, and one Walking step bkwd raising arms back up as he passes again. W beg with R ft take One Walking step bkwd, lowering arms while passing the M, and one Walking step fwd with back to ctr turning CCW a half-turn so as to end facing their ptr with their backs to the ctr.
- 3-4 Using Full Barrel Hold, with ptr two Walking steps CW one revolution ending with M facing ctr. W beg with R ft and on meas 3 follow their ptr in the Full Barrel Hold. On meas 4 release hold and continue turning alone CW a half-turn so that each ends directly in front of ptr, all facing ctr. M should attempt to switch hold to Hold #2 by ct3.
- 5-6 Men: Two Walking steps bkwd in place. Women: travels fwd, around M traveling CCW $\frac{3}{4}$ turn to end facing CCW.
- 7-8 M lower their arms to their sides and stand in place while W do Eighths around ptr, all ending facing CCW.
- C [Transition from individual circles into four large circles that cover the floor.]
- 1-4 In Hold #1, cpls 2, 3, and 4 follow cpl #1 by taking four Walking steps beg with R and moving into straight lines, one cpl behind the other.
- 5-8 Cpl #1 turns back on their track, taking inside hands, while cpls 2, 3, and 4 raise clasped hands above their heads to form a bridge, traveling underneath the joined arms. All lines face ctr like spokes of a wheel. Each cpl follows the next. When cpl #1 passes cpl #4, they too raise their arms and turn back so that cpls 2, 3, and 4 can travel underneath. When traveling underneath, cpls turn in twd each other without letting go of hands and take Walking steps fwd.

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III. ORBIT

- 1-2 A All cpls are facing ctr with M on L side of W. M lower their arms to their sides and stand in place for two meas while W do Eighths around them to end in original pos facing ctr.
- 1-4 B Cpls in Hold #1 travel sideways. Cpls #1 and #3 in their own large circle, beg R ft and travel CCW while cpls #2 and #4 in their own large circle, beg L ft and travel CW. On meas 4 all take only two steps and bring ft together to prepare to travel in opp dir.
- 5-8 Repeat meas 4 with opp ftwk and direction.
- 1-4 C Cpl #1 separates and turns away from each other, heading for the outer circle in a circular direction. They connect with a cpl from the line next to them also traveling out. It should take 4 meas to reach the outer circle where they should find their own ptr. Cpls #2, #3, and #4 all follow the lead of cpl #1.
- 5-8 Cpls come back together and return to their starting positions in the four large circles.

IV. GOING AROUND THE SUN

- 1-2 A All cpls rotate CCW a quarter-turn to face CW. M turn twd ptr and bow (ct 3) while W continue to turn CCW half-turn in place to face CCW and acknowledge ptr with a quick nod of the head (ct 3). The straight line of 4 cpls is now a straight line of 8 individuals that forms eight different circles.
- 1-4 B Beg R 4 Walking steps fwd, M traveling CW and W traveling CCW. All step L fwd while turning CW a half-turn to reverse direction.
- 5-8 Repeat meas 1-4 in opp direction. On last ct, M half-turn to face CW (ct 3) and assume Hold #1 with their ptr. W do not turn but continue to face CW.
- 1-8 C All cpls in each line join hands (Hold #1 with both arms). Eight Walking steps beg with R traveling CW. Lines should remain straight so cpls near the ctr take smaller steps and outer cpls take larger steps.

V. UNWINDING.

- 1-8 A Without letting go of hands, the W of Cpl #1 now leads dancers back into individual circles by taking eight Walking steps twd the outer circle beg with R. Everybody follows her lead. Cpls should end facing each other with M facing CCW.
- 1-4 B Grand Chain. See Fig I above.
- 5-6 Using Full Barrel Hold, two Walking steps CW one revolution ending with M facing CCW and W facing CW.
- 7-8 All now turn to R with one Walking step (M turn out of the circle; W turn in). Step L to L (ct 1) to end facing ptr, step R next to L (ct 2) and bow to ptr (ct 3).

Presented by Richard Schmidt