

Powolniak Kurpiowska Puszcza Zielona

(Poland)



Powolniak is a dance found solely in the Green Kurpie (KOOR-pyeh) region and is by far its most important. The name is derived from the word “wolny” (VOHL-nee) which means “slow” and is quite misleading as this dance is one of the fastest, with quick spinning demanding a lot of energy and control.

There are several tunes and, oddly enough, they are composed in either 2/4 or 3/4 meter, with each tune having 2 or 3 different melodies that can have different meters. Although the steps always remain the same, the dancers have to adapt their speed to the chosen tune. I have chosen a melody in 2/4 meter with 3 distinct melodies; the dance is divided into three parts to match the music (1) a warm-up, (2) a forward momentum, and (3) turning.

An interesting note is that the Kurpie region, throughout its history, has been influenced by other cultures, mainly the Dutch and Swedish, and this dance will make many of you think of the Swedish Hambo.

Pronunciation: pol-VOHL-nee-ahk KOOR-pee-off-skah POOSH-cha ZHEH-loh-nah

Music: 2/4 meter in all 3 parts *Folk Dances of Poland by Richard Schmidt, Stockton 2012, Track 3*

Formation: Couples stand side-by-side facing CCW with W on M's R. M's R arm is around W's waist. W's L hand on M's R shldr and the other hands are joined at waist level and extended out in front. Cpls turn slightly twd each other to accommodate this hold and stand in a large circle with other couples facing CCW.

Steps & Styling: Quick Walk Steps: Done by Women only. Steps are fwd beg with R ft on ct 1 and L ft on ct 2. These steps are done on the ball of the ft so the heels never touch the floor. (two steps per meas)

Quick Brush Steps: Done by Men only. Steps are fwd beg with L ft on ct 1, brushing the R heel on the floor on ct & and then R ft on ct 2 followed by a brushing of the L heel on ct &. (two steps per meas)

Step-Extend Steps: Done by Men only. Steps are fwd with knees slightly bent, beg with L ft on ct 1. Extend and straighten R fwd (ct &) and step on full R ft (ct 2, &). ONE pair of steps is done per measure (cts 1, &, 2, &). Each meas begins with L.

Turning Steps: Steps are done CW moving smoothly and quickly. Each “Turning Step” has 3 movements: (1) ct 1 (2) ct & (3) cts 2, &, resulting in the step ALWAYS beg with the same ft. Footwork is completely different for M and W:

	<u>M Ftwk</u>	<u>W Ftwk</u>
1	Step L fwd and diagonally out starting the CW turn.	Small step R fwd following ptr's lead into a CW revolution.

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	<u>M Ftwk</u>	<u>W Ftwk</u>
&	Continuing the turn, touch R toes on the floor behind L ft while swiveling on it to complete $\frac{3}{4}$ of the revolution so that M is facing ctr of circle.	Step L fwd and diagonally out in CW revolution so that W ends facing CW
2	Step R ft, rotating fwd to complete the turn and end facing CCW.	Swing R ft up and behind L leg bringing the knees together while continuing the CW revolution.
&	Keep wt on R while upper body continues turning. This is a pause although the body is still in motion.	Keep wt on L with R knee fully bent and R ft in the air behind. This is a pause although the body is still in motion.

Meas 2/4 meter Pattern

4 meas INTRODUCTION. No action.

I. THE WARM-UP

1-8 Cpls CCW for 8 meas, M using the Quick-Brush step beg with L ft while W beg with R ft using the Quick-Walk step. A total of 16 steps.

9-12 M stand in place for 4 meas with fists on hips, thumbs backs, while W take eight more Quick-Walk steps around M for 4 meas.

13-16 NON-MIXER VERSION: Cpls rejoin hold and turn in place CCW. M take 8 flat steps beg with L ft bkwd while W take eight Quick-Walk steps.

MIXER VERSION: M with fists on hips take eight Quick-Brush steps fwd beg with L to the next W in the circle, while W take eight Quick-Walk steps in a CW circle out of the circle and back to their starting pos.

IMPORTANT

When doing the MIXER version, use the Non-Mixer version the first time and the Mixer version for the remainder of the dance.

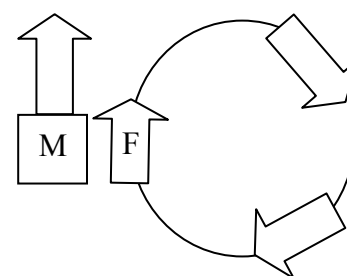
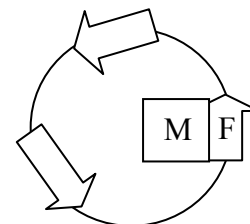
II. FORWARD MOMENTUM.

1-12 Men: Beg with L, 12 Step-Extend steps fwd CCW.

Women: Beg with R, 24 Quick-Walk steps fwd CCW alongside ptr.

III. TURNING.

1-10 Cpls execute four Turning steps CW in LOD followed by two steps fwd LOD and stamp (with wt): M: R, L and stamp R; W: L, R and stamp L.



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11-20 Repeat meas 1-8.

Presented by Richard Schmidt