

(Pshe-pu-retah'-ka)

Poland

**SOURCE:** A Polish National Dance in 3/4 time, originated in the province of Mazowsze, central Poland. This is a ballroom dance in eastern & central Europe, based on the folk dance, A character dance in Ballet. Mazur Przepiorecka means "Little Quail Mazurka". Choreography by Jan Sejda.

**MUSIC:** MONITOR MF 362, Side 1, band 2.

**STEPS:** MIJANY (Basic Mazur Step): Extend R ft fwd, toe pointed, landing on R ft (bent knee). Bring L ft thru (bent knee), similar to scissors movement. Step on L ft. Normal R step.  
Extend ft (ct &), Step (ct 1), Step (ct 2), Step (ct 3).

WYTUP (Mazur Stamp Step): Stamp (ct 1), Stamp (ct 2), Stamp (ct 3).

CHOLUPIEC (Single Heel Click Step):

- a. Stand with weight on R leg & L leg extended to side.
  - b. Jump off R ft, strike L heel with R heel returning onto R ft.
  - c. Step sdwd on L ft, slightly accenting this movement with a slightly bent knee.
  - d. Close R ft to L, immediately raising L leg ready to repeat movement.
- Jump, (ct 1), Step (ct 2), Close (ct 3).

SECOND CHOLUBIEC STEP: Only use a. & b. above. 3 heel clicks tog. This step is usually done to 2 meas of music requiring 6 heel clicks in sequence.

DLUGI (Sliding Step):

- a. Bend knee & hop on L ft; slide R ft, toe pointed, fwd.
  - b. Bend knee, step on R ft.
  - c. Hold.
  - d. Hop on R allowing L ft to extend to back.
  - e. Hop on R, slide L ft fwd.
- Hop L (ct &), Step R (ct 1), Hold (ct 2), Hop R (ct 3), Hop R (\*and).

\*This is beginning of next step...next meas use opp ftwk.

- COUPLE POS:**
1. (a) Inside hands joined, extended fwd, straight elbow. Outside hands on hips, fingers fwd.  
(b) Outside hands extended high.  
(c) Outside hands extended straight out from sho.
  2. Stand side by side, R hips tog, R hands on ptr's hip, L hands extended high.
  3. Facing ptr, M's R & W's L hands joined & extended to side with straight elbow, other hand on hip.

*continued...*

4. Same as 3, but ptrs are back to back.
5. The M is facing L sho of W. L hands joined & extended to M's L - sho high. R hands on hips.
6. Reverse of 5.
7. L hips tog, W's L & M's R joined in front of M. M's R & W's L joined in back of W.

M's Kneeling Position: Kneel on R knee close to L heel. L hand on hip, R hand joined with W's L, & follows the W where ever she moves. So does M's face follow ptr's movement.

W's Turning Position: Both hands high, elbow straight, palms open.

## STARTING

POSITION: Circle of cpls facing ctr, hands joined & extended to ctr.

MUSIC: 3/4

PATTERN

Meas

## PART A:

- |         |   |
|---------|---|
| 1 - 3   | CHOLUPIEC (Single Heel Click) 3 times to R in LOD.  |
| 4 - 6   | MIJANY (Mazur Basic Step). Cpl position 1 (turn in place) 3 times, turning 3/4's turn, ending facing LOD.   |
| 7 - 8   | M CHOLUPIEC (Single Heel Click). Face ctr of circle, join hands & do step to the R.   |
| 9       | WYTOP (Mazur Stamp Step).<br>W turn to R using MIJANY (Basic Mazur Step), hands high.   |
| 10 - 11 | M & W repeat Meas 7-8 in reverse direction. On last stamp step, M turn to L to face W.  |
| 12      | M take 1/2 turn to L on Stamping Step, to face ptr. W must finish turning to face M.  |
| 13 - 14 | 2 MIJANY (Basic Mazur Step) away from ctr of circle. M moving fwd, W moving bkwd.   |
| 15 - 16 | M jump high, begin with heavy stamp on both feet, end in kneeling pos. Jump must fill all of Meas 15. W's hands on hips, stand in pos watching M. Ending placing L hand in M's extended R hand. |
| 17 - 20 | M remains in kneeling pos. W circles M with MIJANY (Basic Mazur) going 1/4 way around M with 1 Mazur Step.  |

*Continued.*

## BRIDGE:

21 - 24

(Divide large circle into 4 small circles, forming the small circles in line with walls, not in corners, of the room). Use 4 MIJANY (Basic Mazur Step), finishing in pos 3, M's back to ctr of the small circle.

## PART B:

1 - 3

Each circle does same; 3 CHOLUPIEC (Single Heel Click), LOD.

4 - 6

Position 1 (a). MIJANY (Basic Mazur Step), LOD.

7 - 9

Position 4, CHOLUPIEC (Single Heel Click).

10 - 12

Repeat 4-6.

13 - 16

Circle formation as Meas 1-3, PART A, in 4 small circles. In LOD CHOLUPIEC (Single Heel Clicks).

17 - 20

M go to ctr of circle, joining hands, doing 2 MIJANY (Basic Mazur Step) fwd. Return to place, backing out with same step, rejoining hands with W in circle. W turn in place in turning pos with 4 MIJANY (Basic Mazur Step), ending joining hands with M in circle.

## BRIDGE:

21 - 24

4 small circles break, opening out into 4 straight lines facing ctr of room. Use 4 MIJANY Steps.

## PART C:

1 - 3

Cpls in Lines 1 & 3 fwd, Position 5. M do 2 CHOLUPIEC (Single Heel Clicks) & 1 WYTUP (Mazur Stamp Step). W do 3 MIJANY (Basic Mazur Step). Meet opp line & exchange W, starting next 3 Meas.

4 - 6

With opp ptr take Cpl Position 6, & M repeat above returning to own line pos. W to with M to his pos.

1 - 6

Lines 2 & 4 in place. Cpl Pos 7, W facing ctr, M facing wall. M dances in place, W moves fwd around M. Do 2 MIJANY (Basic Mazur Steps) moving 1/4 circle per step. 3rd Meas, WYTUP (Mazur Stamp Step). Reverse, W moving bkwd.

7 - 12

Repeat above 6 Meas. Lines 2 & 4 to ctr & Lines 1 & 3 in place.

13 - 20

W move twd ctr & their own R forming a circle with joined hands, moving circle to R. Use 8 MIJANY (Basic Mazur Step). End with orig ptr.

13 - 16

M in line do 3 CHOLUPIEC (Single Heel Click) to R. R hand on hip, L hand extended. 4th Meas, WYTUP (Mazur Stamp Step) with hands on hips.

17 - 20

M reverse above.

*Continued...*



## BRIDGE:

21 - 24 Cpl Position 2, turning around using 4 CHOLUPIED (Single Heel Click Step); start with L ft in place.

## PART D:

- 1 - 8 Lines 1 & 3: line leaders are at R end of line. Cpl Position 1, using 8 MIJANY (Basic Mazur Steps) - leading cpl leads diag across to opp corner; line follows. As lines meet, hands on hips, pass thru; W in middle & M outside. After passing thru, return to Cpl Position 1.
- 9 - 16 Leader leads line to corner, turns to the R moving in RLOD into a double circle, in the space where the opp line had been. (In this circling the W are on the inside of the circle).
- 1 - 8 Lines 2 & 4 reverse procedure above: circle then cross diag. Cpl Position 1, using 8 MIJANY, with W on outside. Remember who is line leader!
- 9 - 16 Line leader leads (starting from orig line pos), line follows diag across to opp corner as Meas 1-8.

## BRIDGE:

17 - 20 From above pos take shortest route possible, with ptr, into a large circle as in Meas 1-3, PART A. Use 4 MIJANY. (Always move cpl fwd. Use your brain & watch the traffic! Danger! Don't bump into each other!).

## PART E:

- 1 - 8 Cpl Position 1 (b), 4 MIJANY (Basic Mazur) in LOD.  
Cpl Position 1 (c), 4 MIJANY, con't in LOD.
- 9 - 10 Con't LOD 2 DLUGI (Sliding Step) in Cpl Position 1 (b).
- 11 - 12 Con't LOD 2 MIJANY in Cpl Position 1.
- 13 - 16 Repeat last 4 Meas.

## BRIDGE:

17 - 20 In Cpl Position 1, M lead W fwd using 4 MIJANY, turning 1/4 turn of a circle in place, ending in one large circle as beginning of dance.

## PART F:

- 1 - 6 6 CHOLUPIED (Single Heel Clicks) to R (LOD).
- 7 - 9 W with 3 MIJANY (Basic Mazur), go into circle moving to R joining hands making a W's circle. M do 2 SECOND CHOLUPIEC & 1 WYTUP (Mazur Stamp Step) to R.

*continued...*

- 10 - 12 Repeat in reverse the above.
- 13 - 16 M take kneeling pos facing ctr of circle. M's R hand joined with W's L & W goes around M with 4 MIJANY (Basic Mazur Step); going 1/4 circle with each step.
- 17 - 18 Take Cpl Position 1 & turn cpl using 2 MIJANY; 1/2 turn until cpl is facing outside of circle.
- 19 - 20 M as in Meas 15-16, PART A.  
W turn on the spot 1 meas & 3 stamps; put L hand on hip, extending R.

Presented by Jan Sejda  
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