

Pronunciation: psheh-vohr-skah

Record: Folk Dancer MH 45-4002. Music by Stanisław Szabat's Folk Orchestra from Rzeszów

Przeworska

This is a polka from Przework, a small town in the Rzeszów region, in southern borderline of Poland. Because it was danced at the fairs in Przeworsk, people from other parts of Rzeszów region were exposed to it and brought it home. Sometimes it is called the wściekła (mad, wild) polka. It has been researched in 1940 by a Rzeszów folklorist, Bożena Niżańska, who learned it from Wiktoria Żakowa, born in 1900. The music is in 2/4 time and has a slow part (Melody A) and a fast part (Melody B).

Starting position: Couples in a single circle, in open social dance position, facing each other; Man facing LOD; outside arms hang down loosely.

Measures: 2 meas. of Introduction.

PART I (Melody A - 8 measures)

- 1 Ct 1: Leaning slightly in the direction of movement, make a sliding step toward the center of the circle sideways on outside ft (Man's L, Woman's R), knees relaxed; ct. &: step on inside ft, still towards center, crossing over outside ft, knees relaxed; ct 2: step sideways on outside ft, still towards center; ct &: bounce slightly on the outside ft while body starts to lean in the opposite direction.
- 2 Repeat pattern of Meas. 1 with opposite footwork and direction.
- 3-7 Repeat pattern of Meas. 1-2 two-and-a-half more times. Note: with this slow relaxed step couple should establish the proper spacing between other couples as this is very essential in the pivot of Part II.
- 8 Finish with 2 stamps (Man RL, Woman LR), while Man takes hold of the back of the Woman's R hand with his L hand and places it on his L hip, holding it there.

PART II (Melody B -

The couple will now deeply bent knees, 2 steps (1 measure).

8 measures played twice) pivot around the room on making a full turn with



- 1 Ct 1&: Moving in LOD Man takes a long step through his heel with Rft, knees deeply bent, and does half-a-turn CCW; Woman does the same with Lft stepping backward; ct 2&: still on bent knees Man steps backward on Lft, Woman forward on Rft and the couple completes the full CCW turn.
- 2 Repeat pattern of Meas. 1.
- 3 Ct 1: Moving in LOD, but not turning, Man steps forward on Rft, Woman backward on Lft; ct &: they both bring their other ft close to the first one, straighten their knees and for a moment stand on the balls of their feet; ct 2&: they sharply return to the bent knees position and start the pivot again, as in Meas. 1.
- 4-15 The special Przeworska pivot takes 2 1/2 measures; that is why each set starts in a different place of the music; during these 15 measures the couple does a total of 6 sets (5 quarter notes to each set); while practicing the step it is recommended to count to oneself 1, 2, 3, 4, 5&.
- 16 Ct 1&: Moving in LOD Man steps forward on Rft, Woman backward on Lft; ct 2&: they both jump on both their feet neatly together, knees bent.

Repeat dance from the beginning 5 more times.

Dance introduced by Ada & Jaś Dziwanowski at the Maine Folk Dance Camp 1970. Notes prepared with assistance of Mary Ann Herman. Please do not reproduce them without Ada's permission: 41 Katherine Road, Watertown, Mass. 02172, tel. (617)923-9061.



continued...

WOLNEGO or CHŁOPA

Pronounced: Vol-na-go or Hwo-pah)
Polish Dance from Rzeszów region.
Record FOLK DANCER MH series 4002
Music by Stanisław Szabat's Folk
Orchestra from Rzeszów.

Wolnego
or
Chłopa

FORMATION: Couples, facing each other, Man facing CCW, Lady CW. Man holds Lady's R hand on his own L hip. His R arm is on partner's waist. Lady has L hand on Man's R shoulder. Dancers stand bent in this position, quite far apart, with "derrières" projecting out. Heads are put down on partner's shoulder, with face turned out away from partner, so that the ear is resting on partner's shoulder. Throughout this dance, the steps are done as if being danced by very tired people. Bend knees quite a bit with each step.

THE BASIC STEP used throughout the dance follows: Description is given for the Man...Lady does the same but on opposite feet and in opposite dir.


MAN

- Ct. 1 Step fwd on Rft, with bent knee
- Ct. 2 Step fwd on Lft, with bent knee
- Exaggerate each step on counts 1 and 2 by lifting the leg before you put it down.
- Ct. 3 Drag or "shoosh" sideways the Rft toward Lft, to finish with feet flat parallel on floor but slightly apart.
- Repeat the same starting on the other ft.

Continue using the step...since the melody is 12 measures long, you will take 12 of the above steps.

THE PATTERN of the dance as usually done follows:

The FIRST time, the dancers do not move but (if they can) sing one of the stanzas of the song* and merely act out or pantomime movements of tired people, by fanning themselves or each other, hobbling around with bent backs, hands on spine, men fixing the lacing or the buttons of one of his partner's shoes, etc.

SECOND time, dancers move around the ring in a zig-zag pattern like this: 

Third time, dancers move around the ring, CCW, but keep turning in one direction only CW.

Repeat dance from beginning.

THE SONG

Wolnego mi grajcie, bom się już zadyszał; ;Bo się mojej Kasi brzuszek rozkołysał;	Play slowly for me because I'm out of breath, ;And my Kasia has shaken her tummy too much.;
Pupałuśku grajcie, bom się już zmordował ;Bo się, mojej Kasi bucik rozsnurował;	Play slowly for me because I'm exhausted, ;And my Kasia's shoe got untied;

Dance researched by noted Polish Dance Authority, Ada Dziewanowska, and may not be reproduced without her permission.