

1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Morley Leyton

PRZODEK SZAMOTUŁY  
(Pshohd' ek Sha-moh-too-we)

Dance from Wielkopolska region. Learned from Harna Chojnacka of Warsaw and Jacek Marek of Poznan. The przodek is a type of dance and there are many melodies, steps and variations. Here are two.

RECORD: JANOSIK LTN 3

FORMATION: Couples scattered about room, face ptr, hands joined in cross-hand hold, L hands over

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Meter 3/4 PATTERN

Measures

1-5 INTRODUCTION

PART I: Womens part: Tkać (weaving)

- 1 Step across self with L ft (ct 1) step to R with R ft past L ft (ct 2) close L ft to R ft, rise to balls of both ft and turn about 1/4 turn CCW (ct 3)
- 2 Same as meas 1 but on opp ft in opp direction.
- 3-10 Repeat 1-2 four times

Man's part: Heavy, done in plie. Support ptr with cross-hand hold

- 1 Step on R ft, and swing L ft across. Stay facing original direction.
- 2 Step on L ft and swing R across
- 3-10 Repeat 1-2 four times.

PART II

M remains in place throughout, helping W. Both M and W must keep joined hands relaxed. There are six measures for W to complete three turns at same time she travels around M 1 1/2 times. The challenge is to space this out in the available time.

- 1 W takes 3 steps CCW around to M left side
- 2 W takes 3 steps in place turning CCW once
- 3 W takes 3 steps CCW behind M to his R side
- 4 W takes 3 steps in place turning CCW once
- 5 W takes 3 steps CCW in front of M to his L side
- 6 W takes 3 steps turning CCW ending up back to back with partner
- 7 Lean to M R, W, L and look at ptr over same (W,RW,L) shldr
- 8 Repeat meas 7 in opp direction
- 9-10 Repeat Meas 7-8
- 11 W takes 3 steps, traveling 1/2 turn CW to original position,

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12 at same time turning 1-1/2 times CW.  
Stamp twice

PART III

Same as Part I

PART IV

1-6 Same as Part II, meas 1-6  
7 Lean each to R, and look at ptr over L shoulder  
8 Repeat meas 7 in opp directions  
9-10 Repeat meas 7-8  
11-12 Repeat Part II, meas 11-12.

PARTS V & VI

Repeat Parts I and IV.

PRZODEK SZAMOTULY

Line 1, change name to "Hanna Chojnacka"  
PART I: Man's part, meas 1: change "R" to "L" and "L" to "R"  
" " " " , meas 2; change "L" to "R" and "R" to "L"  
PART II, meas 7 end of sentence should read " at ptr over  
(M-R,W-L) shldr"  
" " , meas 11: change the word "turn" to "circle"  
Add to end of dance: Note: Extra variations were taught in class,  
that were not available for the syllabus.