

# STARA BABA

## Poland

This dance was learned in Poland in 1963 by Lucy Wnuk. It was taught to her by Agnieszka Sądźmir, folk instructor at the Cultural Center in Warsaw. Stara Baba comes from the north-eastern section of Poland in the Kurpie region.

**MUSIC:** Record: Bruno BR 50137 "Polish Country Dance Party in Hi-Fi" - Side B, Band 4 (Baba-Taniec z warmii)

**FORMATION:** Double circles of 4 to 12 cpls, M on inside. M hands on hips, fingers closed, W have hands folded at waist, elbows slightly out.

**STEPS AND STYLING:** Polish Polka: (hop)-step-close-step. (Hop on L between ct & of previous meas and ct 1 of current meas)-Step fwd on R (ct 1); close L to R (ct &); step fwd on R (ct 2). Repeat using opp ft work. When moving fwd, step on heel with toes turned out, bending same shoulder toward working ft.

Sliding Step\*, Pivot\*, Balance\*, Walk\*

\* Described in volumes of Folk Dances from Near and Far, published by Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco, California.

*Notes by  
Dick Oakes*

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MUSIC 2/4

PATTERN

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Measures

1-12 INTRODUCTION

Flirt with ptr or talk to neighbor, etc.

I. SLIDES & CROSS OVER

- 1-2 Take ballroom pos and dance 3 sliding steps to ctr. Stamp on ct 2 bringing held hands up.
- 3-4 Dance 4 sliding steps away from center to original pos.
- 5 Still in ballroom pos, W crosses over in front of M to his L side. Step on R (ct 1); step on L next to R (ct &); bend knees (ct 2). M does same step in place with opp ftwork.
- 6 W crosses back over to M R side. Step on L (ct 1); step on R next to L (ct &); bend knees (ct 2).
- 7-8 Dance 4 pivot steps in LOD with a light lifting movement on each step.
- 9-12 Repeat action of meas 5-8.

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## II. LIFTS & POLISH POLKAS

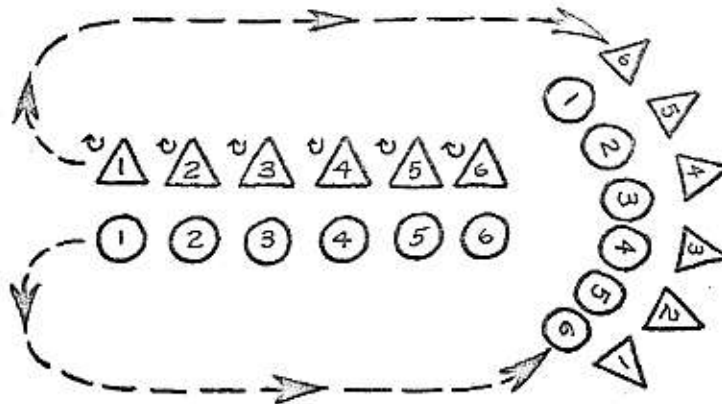
- 1 M lifts W; W kicks heels up behind, toes pointed.  
2-4 Dance 3 Polish polkas in LOD.  
5-12 Repeat action of meas 1-4 two more times.

## III. SLIDES

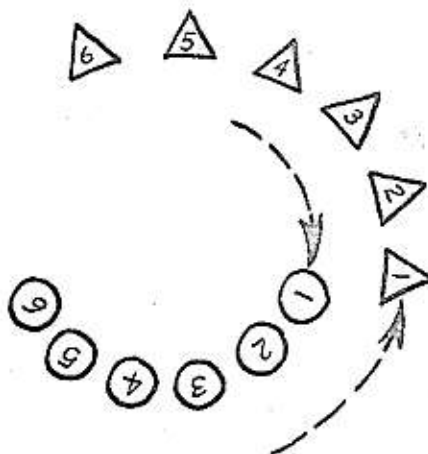
- 1-12 Dance 24 sliding steps to form a line of cpls.  
13-14 Join inside hands with ptr, free hands on hips, and dance 2 balance steps in place turning slightly away on the first and together on the second.  
15-16 Put both hands on own hips and walk 4 steps in small individual circles - M CCW, W CW.  
17-20 Repeat action of meas 13-16.

## IV. SEMI-CIRCLES

- 1-8 Ptrs drop hands and head-M and head-W lead own lines into two semi-circles facing each other (see diagram). M start on L and dance 15 sliding steps and 1 stamp to their L. W make 1/2 CW turn on their first step starting on L and dance 15 sliding steps and 1 stamp to end facing M in a semi-circle.



- 9-12 Dance 7 sliding steps and 1 stamp to R in semi-circles (see diagram).



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13-16 Reverse direction and dance 7 sliding steps and 1 stamp to L in semi-circles to end facing each other.

V. STAMPS & PIVOTS

- 1 Take ballroom pos with opp person. M step L (ct 1); stamp R next to L without wt (ct 2). W use opp ftwork.  
2 Repeat action of meas 1 using opp ftwork.  
3-4 Dance 4 pivot steps in LOD.  
5-8 Repeat action of meas 1-4 forming complete circle of cpls.

VI. SLIDES & CROSS OVER

1-24 Repeat action of Fig I, meas 1-12 twice.

VII. FINALE

- 1-4 W, starting R, walk 7 steps twd ctr. Steps are done with lifting movement, hands are folded at waist level, elbows slightly out. On last ct, close L to R and bow slightly. M stand in place.  
5-8 M walk 8 steps to W. W are huddled, pretending not to notice M, and turn to face M on last 2 cts.  
9-24 Take ballroom pos with ptr and dance 16 Polish polkas in LOD.

NOTES BY PICAC OAKES