

T R O J A K

TRIO

Pronunciation: tro'yak

Record: DR 8310 available from Ada Dziewanowska

This is a dance for three from the coal mining district of Śląsk (Silesia) in South-Western Poland. The story goes that this dance was created as there were fewer men than women, due to accidents in the mines. It is very popular all over Poland and new figures are constantly being added. The melody has two parts: "A" (slow 3/4 time) and "B" (fast 2/4 time).

Starting position: Man stands between two women, holding their inside hands; women hold their skirts with their outside hands. Trios may stand one behind the other in one or two columns or in a checkerboard pattern about the floor.

Measure

1- 4 Four measures of introduction.

FIGURE I (Melody A)

- 1 ~~All~~ step Rft diagonally to R and swing L leg across in front, rising onto ball of Rft and coming down again.
- 2 Same pattern as Meas. 1 with opposite footwork and direction.
- 3-14 Repeat the pattern of Meas. 1-2 six more times, excepting that on Meas. 4, 8 & 12 the man does 3 stamps (LRL) instead of the step-swing.
- 15 Man and R-woman bow to each other
- 16 Man and L-woman bow to each other.

FIGURE II (Melody B)

- 1- 3 Man claps hands, hooks L elbows with R woman and with 6 steps beginning Lft does two full turns with her; meanwhile the L-woman twirls by herself CW, clapping her hands.
- 4 All do 3 stamps in place in original position. (NOTE: Throughout the dance, these 3 stamps should serve to momentarily place the dancers in "order", i.e. in original position.)
- 5 -8 Same pattern as Meas. 1-4 with opposite footwork and direction, man dancing with L-woman, R-elbows linked, etc.
- 9-16 Same pattern as Meas. 1-8.

FIGURE III (Melody A)

Man again holding women's inside hands as in Figure I.

- 1 All step-swing to R.
- 2 All step-swing to L.
- 3 Step-hold forward with Rft.
- 4 Step-hold forward with Lft.
- 5- 7 With 3 waltz-like steps, trio makes a full turn CCW.
- 8 Three stamps in place LRL.
- 9-10 Same as Meas. 1-2
- 11-12 Same footwork as Meas. 3-4, but moving backward.
- 13-15 Same as Meas. 5-7, but turning CW.
- 16 Three stamps in place LRL.

FIGURE IV (Melody B)

- 1- 2 Man twirls both women into "cuddle-up" position (women take 3 steps and a hold).
- 3- 4 Women, with 2 steps and 3 stamps, twirl out to original positions.
- 5-16 Same pattern as Meas. 1-4 of this Figure, repeated three more times.

FIGURE V (Melody A)

- 1 Step-swing to R.
- 2 Step-swing to L.
- 3-4 Two step-closes sideways to R (no transfer of weight on 2nd close).
- 5-8 Same pattern as Meas. 1-4 with opposite footwork and direction.
- 9-16 Same pattern as Meas. 1-8.

continued.....

TROJAK (Cont'd...)

Measure

FIGURE VI (Melody B)

Man stands perfectly stiff, his arms folded across his chest, while the women each using both hands, hold on to his arms (R woman R arm, L woman L arm); women plant feet in a "fencing" stance apart during this figure.

- 1 R woman pulls man toward herself.
- 2 L woman pulls man toward herself.
- 3-16 Repeat pattern of Meas. 1-2 seven and a half times, then all stamp 3 times to end.

FIGURE VII (Melody A)

Man again holding women's inside hands as in Figure I.

- 1 Step-swing to R.
- 2 Step-swing to L.
- 3- 4 6-step grapevine R: side step R, cross Lft in front, step Rft R, cross Lft in back, step Rft R, close Lft beside Rft without taking weight.
- 5- 8 Same pattern as Meas. 1-4 with opposite footwork and direction.
- 9-16 Same pattern as Meas. 1-8.

FIGURE VIII (Melody B)

This is an "under-the-arches" figure, in which the women move around the man, alternating passing under the "arch" formed by his raised arm and that of the other woman:

- 1- 4 Women move forward across in front of man, R woman passing under the arch in front, L woman passing under in back. All finish neatly with 3 stamps in "starting position".
- 5-16 Repeat pattern of Meas. 1-4 three more times.

FIGURE IX (Melody A)

- 1-12 Same pattern as Meas. 1-12 of Figure I
- 13-14 Each dancer makes 2 individual turns CW.
- 15-16 Same pattern as Meas. 15-16 of Figure I.

TROJAK (Song)

Polish:

Zasiłali górale owies, owies,
Od końca do końca, tak jest, tak jest,
Zasiłali górale żyto, żyto,
Od końca do końca, wszystko, wszystko.

English Translation:

The mountaineers have sown oats,
From one end to the other, oh yes,
The mountaineers have sown the rye,
From one end to the other, all of it.

Phonetic:

Zah-shah-lee goo-rah-leh oh-vyess, oh-vyess,
Ot kony-tsah do kony-tsah, takh yest, takh yest,
Zah-shah-lee goo-rah-leh zhyy-toh, zhyy-toh,
Ot kony-tsah do kony-tsah, vshyy-stko, vshyy-stko.

Dance arranged and taught by Ada Dziewanowska, 41 Katherine Road, Watertown, Mass. 02172. Notes prepared with assistance of Dick Crum. Please do not reproduce without Ada's permission.