

T R O J A K

Pronunciation: tro-yahk

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, or in a circle facing the center or LOD.

Measures

1-4 Four measures of introduction: man invites women to dance.

FIGURE I (Melody A)

- 1 All step Rft on bent knee 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, and 12 the man does three 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.
- 16 Same pattern as Meas. 1-4 of this Figure, repeated three more times.

(Continued.....)

TROJAK (Cont'd....)

Measure

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.

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 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:

Zasiali górale owies, owies,
Od końca do końca, tak jest, tak jest,
Zasiali 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, tahk yest, tahk 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.

CHILDREN'S VERSION: Trojak always was and still is well liked by children in Poland. There are many variations of steps, suitable for them.

Starting position: As in the Adults' version; trios may be composed of girls only.

Measures:

1-4 Introduction.

FIGURE I (Melody A) should be done with singing.

- 1 All step Rft on bent knee 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.
- 3-8 Repeat the pattern of Meas. 1-2 three more times.
- 9-10 With 2 step-holds starting with Rft trio moves forward.
- 11 The middle and the R persons bow to each other.
- 12 The middle and the L persons bow to each other.
- 13-14 Same pattern as Meas. 9-10 moving backward.
- 15-16 Repeat the pattern of Meas. 11-12.



FIGURE II (Melody B)

1-16 Same as Fig. II in the Adults' version.

FIGURE III (Melody A) - Same as Fig. I.

FIGURE IV (Melody B)

- 1-3 All clasp their own hands behind their backs. With 6 running steps starting with Rft, the middle person of the trio moves forward, and the side persons move backward.
- 4 All do three stamps in place (RLR).
- 5-8 Same pattern as Meas. 1-4 with opposite footwork and direction.
- 9-16 Repeat the pattern of Meas. 1-8.

FIGURE V (Melody A) - Same as Fig. I.

FIGURE VI (Melody B)

Simpler version of the "under-the-arches" (or bramki) figure.

- 1-3 With 6 running steps, starting with Rft, the R-person moves CCW under the arch formed by the L hand of the middle person joined with the R hand of the L-person. With 6 steps done in place the middle person moves also CCW under the same arch.
- 4 All do three stamps in place (RLR).
- 5-7 Pattern of Meas. 1-3 is repeated by the L and middle persons with opposite footwork and direction.
- 8 All do three stamps in place (LRL).
- 9-16 Repeat the pattern of Meas. 1-8.

FIGURE VII (Melody A) - Same as Fig. I.

FIGURE VIII (Melody B)

- 1-7 Trios form own circles by joining hands. With 14 running steps starting with Rft circles move CCW.
- 8 All do three stamps in place (RLR).
- 9-16 Same pattern as Meas. 1-8 with opposite footwork and direction, finishing in the Starting Position. NOTE: If the dance is done in a ring, the circles of trios may move in LOD while turning CCW, and in RLOD while turning CW. Children may alternatively leave the dancing area using Fig VIII, in which case the record is stopped at the end of Mel. B.

FIGURE IX (Melody A) - Same as Fig. I.