

1964 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Oliver "Sonny" Newman

W DOLINA
(Polish)

RECORD: Monitor 326 Slask Vol 2.

FORMATION: Couples facing each other (M with back to center)

METER: 4/4

STYLE: The most important thing for the Folk Dancer to remember about Polish Dancing is that it is accompanied by an air of flamboyance. The arm movements should be full sweeping, being grand. Don't hesitate to be "a little" balletic.

Introduction: Stand for four (cts.)

Meas. Pattern (Steps described for M - W do opposite)

- 1 Make 1/2 turn to be back to back. (Make all turns toward line of direction). (M) Step L (ct 1), Step R (ct 2), L (ct 3), Stamp R beside L (ct 4). Ptnrs now back to back.
- 2 Reverse footwork meas 1. (Ptnrs are now face to face again)
- 3 Repeat meas 1
- 4 Repeat meas 2

II Weaving forward figure Women move forward 4 positions while men stay in place. Then men move forward 4 pos. to partner. While moving forward weave diagonally to the inside and outside of circle as described below.

Women

- 1 (Moving to inside of man ahead) Step R (ct 1), Step L (ct 2), Step R (ct 3) brush L (ct 4). Greet man on (ct 4)
- 2 (Moving to outside of next man in LOD) Step L (ct 1) R (ct 2) L (ct 3), Brush R (ct 4)
- 3 Repeat meas 1
- 4 Repeat meas 2

Men

- (Stay in place and greet girls as they move by)
- 1 Turning to face center of circle, step backward into partner's position. Step back onto L foot, R, L. R is extended w/heel on floor toe up (cts 1,2,3,4). As you step back sweep L arm in arc in front of body to a position high over head.
- 2 Turning to face outside of circle step forward into original position w/L foot extended, Right arm sweeps up greeting girl moving to outside of circle.
- 3-4 Repeat meas. 1 & 2 respectively.
- NOTE: Women touch toe on floor on ct. 4, not heel. While turning from outside to inside, always face frwd in LOD -- NEVER RLOD.

Woman stay in place, M move forward.

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Woman

1-4

Do as men did on previous 4 meas, but start on meas 1 turning to face outside of circle.

Men

1-4

Move forward starting to outside of circle. Start L and instead of brushing on ct 4, Stamp.

III Walk & brush while enlarging circle. Take hold inside hands. Use this step to enlarge circle by moving away from the center of the circle in a "Zig-Zag" pattern. Man's back to center of circle, W facing center of circle. Man start L - W start R. Take three steps LOD (Ct 1, 2, 3) on ct 4 close M-R W-L.
 1 Man start R, W-L move RLOD. Retaining same handhold
 2 Repeat meas 1
 3 Repeat meas 1
 4 Repeat meas 2 but W give R hand to M on last ct of meas.

IV Double heel clicks and cross overs R hands joined. Footwork same for M & W. Turn CW 4 meas and CCW for 4 meas.
 1 Hop on R beating L heel to R heel while in air (ct. 1)
 Repeat ct. 1 (ct. 2), Leap from R to L (ct. 3), Step R across in front of L (Ct. 4).
 2-3 Repeat meas. 1 twice
 4 Repeat cts 1-3 of meas 1, brush R ft to R to start momentum CCW and change hands (ct 4)
 5-8 Reverse meas 1-4. On ct 4, meas. 8, open to face LOD.

V Walk forward and Separate

1 Walk forward in LOD 4 steps (cts 1-4) M start L, W-R.
 2 Walk diag. forward in LOD, M twd center, W away from center. 3 steps (cts 1-3). Close free ft to supporting ft (ct 4), turning to move diagonally toward partner still moving fwd.
 3 Reverse footwork meas 2 moving forward partner.
 4 Repeat meas 2.
 5 Repeat meas 3.

VI Walk and Slow Turn (inside hands joined)

1 M start L W-R walk fwd 3 steps (cts 1-3), Close free ft to supporting ft ct 4. and face each other retaining hand hold.
 2 Retard in music M steps RLOD on R ft and draws L to R (cts 1-4). W steps RLOD with L and crosses R in front of L to do one slow turn under joined hands (cts 1-4).
 Music picks up in tempo.

VII Single heel clicks R arms around ptrns waist, R hips adjacent L arms in air.

3 Both hop on R and Click L heel to R (ct 1), Step L (ct &)
 Close R to L (ct 2).
 4 Repeat meas 3.
 5-8 Repeat meas 1-4.

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Dance Repeats. The 4 counts of introduction are used now to close the circle. Partners take four steps toward center.

After doing the dance the second time through exactly as the first time do the following:

ENDINGMeas.

- (Step 1)
- 1 M start L and walk three steps directly toward center (ct. 1-3) stamp R (ct 4)
W start R and walk 3 steps directly away from cntr (ct. 1-3) stamp L (ct 4) turning to face cntr.
- 2 M start R turn $\frac{1}{2}$ CW turn in place 3 steps (ct. 1-3) stamp L (ct 4).
W start L walk 3 steps (ct 1-3) to original position, brush R ft frwd (ct 4).
- 3 M start L turn $\frac{1}{2}$ CCW turn 3 steps (ct 1-3), stamp R (ct 4).
W start R walk twd cntr to be at R side of ptrnr, 3 steps (cts 1-3), close L to R turning $\frac{1}{2}$ CCW to face out from center (ct 4).
- 4 Both walk out from center 4 steps (cts 1-4) (M start R, W-L).

ENDING (step II) (Circling each other CCW)

- 1-4 Use same ftwk as step V but individually without holding hands. The arms should swing out to be extended sideward at shoulder level on (ct 1), remain there (ct 2), drop down to a crossed position low in front of body on (cts 3-4).

On final two chords the M drops to L knee with L ft pointing back twd center of circle.

Women use the crossing of the L ft in front of the R to execute one CW turn and strike a pose facing the Man.