

WOLNEGO or CHLOPA.

Pronounced: Vol-na-go or Hwo-pah)
Polish Dance from Rzeszów region.
Record FOLK DANCER MH series 4002
Music by Stanislaw Szabat's Folk
Orchestra from Rzeszów.

Wolnego
on
Chlopa

FORMATION: Couples, facing each other, Man facing CCW, Lady CW. Man holds Lady's R hand on his own L hip. His R arm is on partner's waist. Lady has L hand on Man's R shoulder. Dancers stand bent in this position, quite far apart, with "derrieres" projecting out. Heads are put down on partner's shoulder, with face turned out away from partner, so that the ear is resting on partner's shoulder. Throughout this dance, the steps are done as if being danced by very tired people. Bend knees quite a bit with each step.

THE BASIC STEP used throughout the dance follows: Description is given for the Man... Lady does the same but on opposite feet and in opposite dir.

MAN

- Ct. 1 Step fwd on Rft, with bent knee
- Ct. 2 Step fwd on Lft, with bent knee
- Exaggerate each step on counts 1 and 2 by lifting the leg before you put it down.
- Ct. 3 Drag or "shoosh" sideways the Rft toward Lft, to finish with feet flat parallel on floor but slightly apart.
- Repeat the same starting on the other ft.

Continue using the step...since the melody is 12 measures long, you will take 12 of the above steps.

THE PATTERN of the dance as usually done follows:

The **FIRST** time, the dancers do not move but (if they can) sing one of the stanzas of the song* and merely act out or pantomime movements of tired people, by fanning themselves or each other, hobbling around with bent backs, hands on spine, men fixing the lacing or the buttons of one of his partner's shoes, etc.

SECOND time, dancers move around the ring in a zig-zag pattern like this:

Third time, dancers move around the ring, CCW, but keep turning in one direction only CW.

Repeat dance from beginning.

THE SONG

Wolnego mi grajcie, bom się juz zadyszał
;Do się mojej Kasi brzuszek rozkołysał;

Play slowly for me because I'm out
of breath,
;And my Kasia has shaken her tummy
too much.;

Popalušku grajcie, bom się juz zmordował
;Do się, mojej Kasi bucik rozsznurował;

Play slowly for me because I'm
exhausted,
;And my Kasia's shoe got untied;

Dance researched by noted Polish Dance Authority, Ada Dziewanowska, and may not be reproduced without her permission.