

ZASIALI GORALE
(Poland)

Source: Zasiali Gorale (Zah-shya-lee Goo-rah-ley) is a Polish dance introduced at Folk Dance Camp, Stockton, California, by Vyts Beliajus. It is a singing game from the mountainous district of Polish Galicia. There are many figures, but most are optional, since it is up to the leader to choose the desired figures or create his own. The chorus, however, is not replaceable and it begins the dance regardless of what the following figures are. These figures are described by Vyts Beliajus and were chosen from the many authentic steps used.

Record: Folkraft F-1090A

Music: "Dance and Be Merry" Vol II by Vyts Beliajus

Formation: Groups of three, a M and two W, or one W and two M (the single person in the ctr), holding joined inside hands at shoulder height, elbows bent. The two outside people have their free hands on their hips. The groups may be facing forward in a column of threes down the ctr of the room or facing CCW in a circle.

Steps: Step-swing*, Run*, Stamp
*Described in Folk Dances From Near and Far

Measures Pattern

A (3/4) Chorus
1 - 8 a. Beg on R ft, step R, swing L across R (cts 1,2,3). Step on L, swing R across L (cts 1,2,3). Repeat 3 more times while progressing fwd (8 step swings altogether) in LOD. On the swing there is a slight lift on the supporting ft made by rising up on the toes on ct 2 and returning heel to floor on ct 3.
9 - 16 b. Beg on R, take 8 fwd step swings while moving bwd to original place.

B (2/4) I. Runs
1 - 3 a. Beg R, take 6 running steps fwd.
4 Stamp 3 times in place R L R.
5 - 7 b. Beg L, take 6 running steps bwd.
8 Stamp 3 times in place L R L.
9 - 16 Repeat action of meas 1-8 (Fig I)

A (3/4) Chorus
1 - 16 Repeat action of Chorus.

B (2/4) II. Arches
1 - 3 a. M and his L hand W raise joined hands (M L, W R) to form

ZASIALI GORALE (CONT.)

- | <u>Measures</u> | <u>Pattern</u> |
|-----------------|--|
| | an arch. W on his R, beg R, takes 6 running steps going under the arch, around the M and back to place. M and L hand W follow R hand W turning inward simultaneously and under their own joined hands. |
| 4 | All stamp in place 3 times R L R. |
| 5 - 7 | b. Beg L, repeat action of meas 1-3 (Fig II), but with W on M L going under arch formed by M and W on his R. |
| 8 | All stamp in place 3 times L R L. |
| 9 - 16 | Repeat action of meas 1-8 (Fig II).
<u>Note:</u> Throughout Fig II trio keeps inside hands joined. |
| A (3/4) | <u>Chorus</u> |
| 1 - 16 | Repeat the action of the Chorus. |
| B (2/4) | <u>III. Clap and Elbow Swing</u> |
| | All release hands for this figure. |
| 1 - 3 | a. M and W on his R clap own hands, hook R elbows and beg R run around each other back to place with 6 small steps. L hand W stands in place. |
| 4 | All stamp in place 3 times R L R. |
| 5 - 7 | b. M repeats action of meas 1-3 (Fig III) but with W on his L and hooking L elbows. R hand W stands in place. |
| 8 | All stamp in place 3 times L R L. |
| 9 - 16 | Repeat action of meas 1-8 (Fig III) except that M hooks L elbows with W on R and R elbows with W on L. |
| A (3/4) | <u>Chorus</u> |
| 1 - 16 | Repeat action of Chorus. |
| B (2/4) | <u>IV. Greeting</u> |
| | All release hands |
| 1 - 3 | a. W on M R takes 3 running steps R L R to cross in front of M to face W on his L. Both W nod to each other and W on R runs bwd, L R L to place. |
| 4 | All stamp in place 3 times R L R. |
| 5 - 7 | b. Repeat action of meas 1-3 (Fig IV) with L hand W, beg with L ft, crossing to greet R hand W and returning to place. |
| 8 | All stamp in place 3 times L R L. |
| 9 - 16 | Repeat action of meas 1-8 (Fig IV). |
| A (3/4) | <u>Chorus</u> |
| 1 - 16 | Repeat the action of Chorus. |
| B (2/4) | <u>V. Figure Eight</u> |
| | All release hands and place on hips. |
| 1 - 3 | a. Beg R, M takes 6 running steps going in front of W on his R, |

ZASIALI GORALE (CONT.)

<u>Measures</u>	<u>Pattern</u>
	around her and back to place. W stand in place.
4	All stamp in place 3 times R L R.
5 - 7	b. Repeat action of meas 1-3 (Fig V) with M going around L hand W and beg L.
4	All stamp in place 3 times L R L.
9 - 16	Repeat action of meas 1-8 (Fig V).
A (3/4)	<u>Chorus</u>
1 - 16	Repeat action of Chorus.
B (2/4)	<u>VI. Twirl</u>
	Inside hands are joined and raised high
1 - 3	a. M twirls both W inwardly under raised arms 3 times, W taking 6 running steps.
4	All stamp 3 times R L R.
5 - 7	b. Repeat action of meas 1-3 (Fig VI) beg L and with W turning outwardly on twirls.
8	All stamp 3 times in place L R L.
9 - 16	Repeat action of meas 1-8 (Fig VI).

Presented by: Vyts Beliajus

Notes courtesy of the Folk Dance Federation of California