

ZASIALI GORALE - POLISH

GROUPS OF THREE

Folkraft Record F - 1090 A

This is a singing dance from the mountainous district in Polish Galacia. Although the words are of agricultural character, the dance figures do not translate the words of the song. (Zah-shya-lee Goo-rah-ley)

The figures are many, but most are optional, for it is up to the leader to choose the desired figures or create his own. The very first figure, however is not replaceable and it begins the dance, regardless of what the following figures are.

The music is divided into two sections. Part One is in 3/4 time and the figure is done the same way throughout the dance. Part Two is in 2/4 time and the figures always change.

POSITION: A boy with two girls, one on each side of him. Inside hands joined, bent at elbow and raised shoulder high. Girls' free hands on hips--or hold skirt. Either a line of groups of threes one behind another down the center of the floor facing front, or a circle of threes facing a counter-clockwise direction. Figures described below are authentic, chosen from the many used.

SECTION ONE: This figure precedes every following figure.

Meas. 1: Step on R foot, hop very slightly on R foot and at the same time swing L foot across in front of R foot.

Meas. 2: Step on L foot and swing R foot across L.

Meas. 3-8: Repeat above, a step to a measure. All first eight measures are done progressing forward.

Meas. 9-16: Same as above but moving backward back to original place.

FIGURE I: All the following figures are for Section Two of the music.

Meas. 17-19: With two steps to a measure, run six steps forward.

Meas. 20: Stamp three times in place.

Meas. 21-23: Run backward six steps.

Meas. 24: Stamp three times in place.

Meas. 25-32: Repeat Meas. 17-24.

FIGURE II:

Meas. 17-19: Boy and girl to his left raise their joined hands to form an arch. The girl to the right, with six steps runs under the arch around the boy (who also turns with her around under his own arm) to her place.

Meas. 20: All stamp three times in place.

Meas. 21-23: Girl at the left now runs under arch formed by the boy and the girl to his right.

Meas. 24: All stamp three times in place.

Meas. 25-32: Repeat Meas. 17-24 once more.

ZASIALI GORALE (cont)

FIGURE III:

Meas. 17-19: Release hands. Boy and the girl to his right clap own hands, hook R elbows and run around each other back to place.

Meas. 20: All stamp three times in place.

Meas. 21-24: Repeat above with the girl to the left and hook L elbows. End with three stamps in place.

Meas. 25-32: Repeat Meas. 17-24 again but hook L elbows with the girl to the right and R elbows with the girl to the left.

FIGURE IV:

Meas. 17-20: Release hands. Boy stands still while girl at right runs with three steps to girl at left, both nod to each other, girl at right runs backward to place and all stamp three times.

Meas. 21-24: Girl at left repeats above.

Meas. 25-32: Repeat Meas. 17-24.

FIGURE V:

Meas. 17-20: Release hands. Boy, with six steps, runs in front and around the girl to his right and comes back to place, ending with all stamping in place.

Meas. 21-24: Repeat same, around girl at left.

Meas. 25-32: Repeat above.

FIGURE VI:

Meas. 17-20: Inside hands joined and raised high above shoulder. Both girls turn in place under own hand, with six steps, toward the boy (inside), ending with three stamps.

Meas. 21-24: Repeat same but with girls turning outward.

Meas. 25-32: Repeat above.

(See "Dance and be Merry", Vol. II for Music)