

(Zheh-loh-nah Root-kah) - A Green Rue

SOURCE: Couple dance from the region of Warmia, Poland.
 MUSIC: Record: BRUNO HI-FI, BR 50137, Side B, Band 5.
 STARTING POSITION: Circle of cpls in social dance pos, M facing LOD.

Music: 3/4

PATTERN

Meas

- 1-2 INTRODUCTION: 2 measures of 3/4 music.
- PART A: (measures 1-24)
- 1 Bending knees, cpl sways sidw twd M's R side (W's L), away from ctr of circle, shifting wt to M R ft, (W L ft), & straightening knees. Unweighted ft remains in place.
- 2 As in Meas 1, with opp ftwk & dir; (twds ptr of circle).
- 3-4 Cpl takes 1 CW turn with 2 waltz-steps progressing in LOD (M with R ft, W with L ft).
- 5-24 Repeat Meas 1-4 five times more (6 times in all).
- PART B: (measures 1-16)
- 1-4 Cpls take 4 walking steps with small dips twds ctr of circle. 1 step each Meas. M beg R ft, W L. (Still in social dance pos).
- 5-8 Turning twice CW with 4 waltz-steps, cpl moves away from ctr of circle, ending turns with M facing LOD in large cir.
- 9-16 Repeat Meas 1-8 once more.
- PART C: (measures 1-32)
- 1-2 Cpl takes 2 dip steps in LOD, M with R ft, fwds & W with L ft bkwds (one step for each Meas of music).
- 3 Cpl takes 1/4 turn CW on-the-spot with one waltz-step. (M beg R ft, W with L ft).
- 4 Cpl takes 1/4 turn CCW on-the-spot with one waltz-step. (M beg L ft, W with R ft).
- 5-8 Repeat Meas 1-4.
- 9-16 Cpl progresses in LOD with 8 waltz-steps making 4 CW turns. (M start with R ft, W with L ft).
- 17-32 Repeat Meas 1-16 once more.

FOR EACH PART OF THE DANCE WE HAVE A DIFFERENT MELODY, & THE SEQUENCE OF THE DANCE DEPENDS UPON THE SEQUENCE OF THE MUSIC. PLEASE FOLLOW THE MUSIC ACCORDINGLY.

1-8	Repeat PART B.	1-24	Repeat PART A.
1-16	Repeat PART C.	1-16	Repeat PART B to end the dance.

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Presented by Jan Sejda, 1971
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