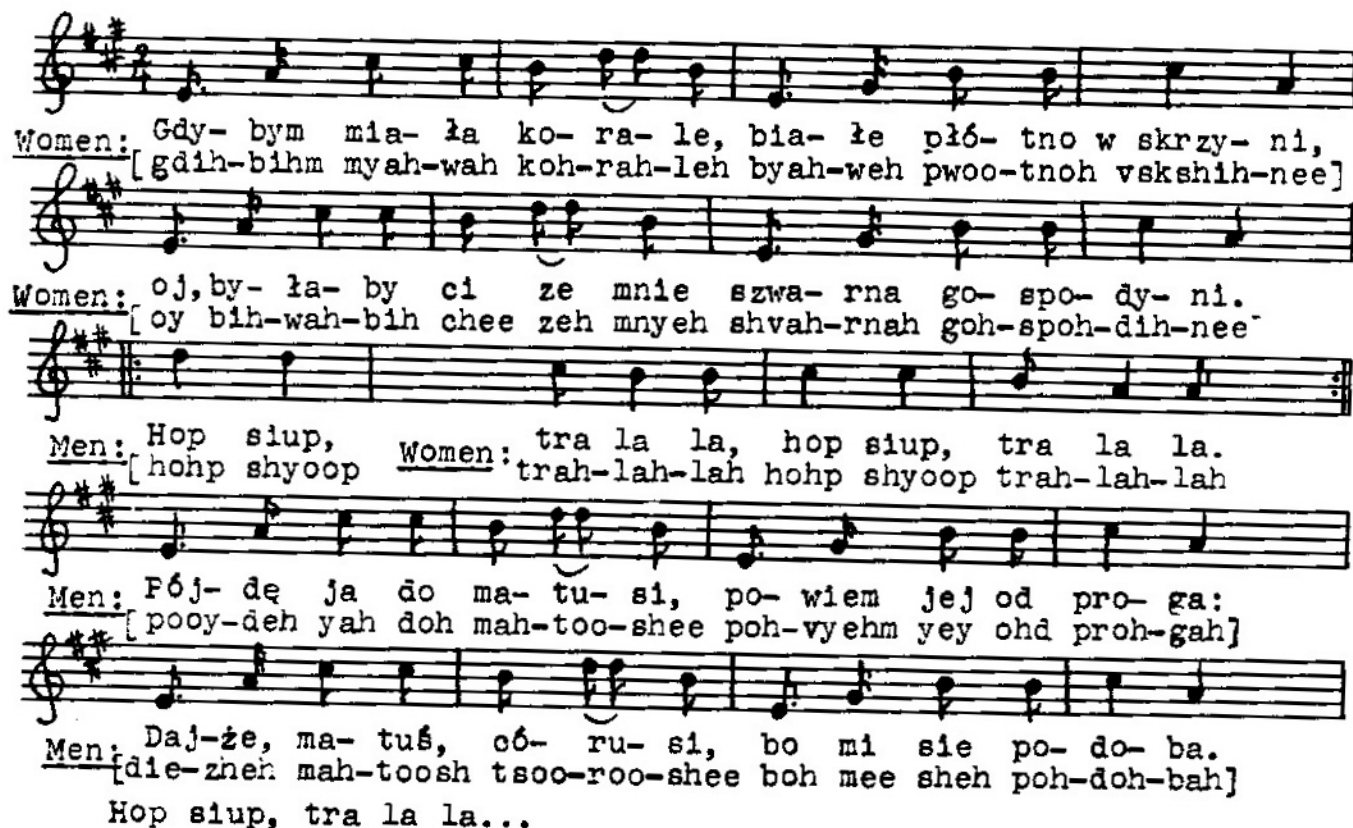


GACOK
(Poland)

Gacok is a cpl dance in 2/4 time from the Rzeszów (ZHEH-shoof) region in southeastern Poland. Its name is derived either from the name of the village Gać (gahch), where it originated, or from the verb gacić (GAH-cheech), which is the Rzeszów dialect for the action of whitewashing the walls of a house in the Spring, a common custom in Poland. The dance is very popular with folk dancing groups in Poland. The music is composed of two melodies, each four measures long which are repeated, and a special step is done to each one. The dance may be interrupted in order to sing a few stanzas of the song that goes with it. The Rzeszów people, however, do not just stand motionless during singing. The M might flutter his hand high in the air, or jump up and land in a kneeling pos, striking with his hand the floor in front of him. The W might place fists on own waist in front of hips (near navel), and pressing thumbs and knuckles into her stomach, shake it vigorously up and down.

Ada and Jaś learned the dance in 1969 in Poland, during the First Rzeszów Festival, from Leokadia Magdziarz, noted authority of Rzeszów folklore. Lodzia pointed out that the dance lends itself very well for stage presentation: using the two basic steps and keeping the original characteristic style, one may create several variations of the figures.



Women: Gdy- bym mia- ła ko- ra- le, bia- ła płó- tno w skrzy- ni,
[gdih-bihm myah-wah koh-rah-leh byah-weh pwoo-tnoh vskshih-nee]

Women: oj, by- ła- by ci ze mnie szwa- rna go- spo- dy- ni.
[oy bih-wah-bih chee zeh mnyeh shvah-rnah goh-spoh-dih-nee]

Men: Hop siup, Women: tra la la, hop siup, tra la la.
[hohp shyoop trah-lah-lah hohp shyoop trah-lah-lah]

Men: Pó- j- de ja do ma- tu- si, po- wiem jej od pro- ga:
[pooy-deh yah doh mah-too-shee poh-vyehm yey ohd proh-gah]

Men: Daj- ze, ma- tuś, có- ru- si, bo mi sie po- do- ba.
[die-zeh mah-toosh tsoo-roo-shee boh mee sheh poh-doh-bah]

Hop siup, tra la la...

GACOK (Continued)Translation:

Women: If I had coral beads and white linen in my chest,
I'd be a fine housewife.

Men: I'll go to your mother and say right from the doorstep:
Give me your daughter, mother, because I like her.

Pronunciation: GAH-tsohk

Record: JA-333 "Tańce rzeszowskie" (Polish Folk Dances from the Rzeszów Region), Side B/2, available from Ada Dziwanowska; also Folk Dancer MH-4001. Music by Stanisław Szabat's Folk Orchestra from Rzeszów. 2/4 meter.

Formation: Cpls around a circle, both ptrs facing LOD and holding hands in the Varsouvienne Pos, called in Poland the okienko (oh-KYEN-koh) -- a little window. Unless otherwise indicated, begin each Figure with outside ft (M L, W R).

Steps and Styling: The Gacok Polka is done in a flat-footed manner, with knees quite bent. The first step of the polka is long, the second smaller, and the third is the longest of all and slightly accented.

Two Accented Steps are danced with lightly bent knees, are done on cts 1,2 of the 4th or 8th meas, and are used to get into pos of next Figure.

Two Weightless Stamps and a Polka (done during Melody B, will be called Step B): standing on L ft, with knees bent, and leaning slightly to R, do two weightless stamps with R ft (cts 1,2 of 1st meas); straightening body, dance one polka moving sdwd to R (cts 1,&,2 of 2nd meas). Repeat of step is done with opp ftwk and direction. During each 1st meas, M shout "hop siup" (hohp shyoop), and during each 2nd meas W answer (tra la la" (trah lah lah).



Mel-
ody Meas

Pattern

		<u>INTRODUCTION.</u>
	1-2	No action.
		<u>I-A. POLKA IN VARSOUVIENNE POS</u>
A	1-7	Both ptrs beginning L ft, move quickly in LOD with seven Polkas.
	8	Dance Two Accented Steps (R,L) in place.



GACOK (Continued)

- I-B. "GLANCING THROUGH THE WINDOW." (Throughout this Figure ptrs maintain eye contact, when possible.)
- B 1 Beginning R ft, dance the 1st part of Step B (two stamps).
- 2 Make a 1/4 CW turn with the 2nd part of Step B (the Polka), M traveling in back of W and ending on her R side.
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4, except end (meas 8) with Two Accented Steps (L,R, W - no wt on R) and acquire Closed Ballroom Pos (M's back to ctr).

- II-A. TURNING POLKA.
- A 1-7 Dance seven Polkas moving in LOD and making a 1/2 CW turn with each Polka.
- 8 With one more Polka or Two Accented Steps (M R,L and W L,R, W - no wt on 2nd step), make a 1/4 CW turn and, still in Closed Ballroom Pos, cpl end facing ctr.

- II-B. STEP B IN AND OUT OF THE CIRCLE.
- B 1-8 Dance four sets of Step B.

- III-A. POLKA IN AND OUT OF THE CIRCLE.
- A 1-3 With Three Polkas move into ctr of circle.
- 4 With Two Accented Steps M R,L, W L,R) cpl make 1/2 CCW turn.
- 5-7 Repeat meas 1-3 with opp ftwk and direction.
- 8 With Two Accented Steps (M L,R, W R,L) cpl make a 1/4 CCW turn.

- III-B. PIVOT. A variation of Step B will be used.
- B 1 Dance the first part of Step B (two stamps).
- 2 Straightening body, with two steps (M L,R, W R,L) dance a quick full CW pivot moving in LOD.
- 3-8 Repeat meas 1-2 three more times (W - no wt on the very last step).

Acquiring Varsouvienne Pos, repeat the entire dance once more.

Dance introduced at the 1970 Maine Folk Dance Camp by Ada and Jas' Dziewanowski. Please do not reproduce these directions without their permission.