

GES WODA, WP5

Poland

The steps and styling are from the Lublin area of east-central Poland, while the dance was choreographed for recreational purposes by Edward Sentowski in 1994.

TRANSLATION: Geese in the water

PRONUNCIATION: gehs VOH-DAH

TAPE: Camp Selly 1995, Polish Dances presented by Eugene Ciejk

FORMATION: Cpls in a circle. M have backs to ctr and are about 3' apart from neighbor - hands on hips, fingers fwd; W are on the outside of the circle facing RLOD - hold skirt.

STYLE: Slow and smooth, flowing from one step into the other. DO NOT do a two-step (waltz step or step-close-step) unless noted.

HANDS: Men: If hands are free they are on the hips with fingers fwd.
Women: If hands are free they hold their skirts slightly fwd and away from body.

METER: 3/4 PATTERN

Meas.

INTRODUCTION: 4 meas

PART I: STEP-SWINGS, EXCHANGE PLACES

Cpls use opp ftwk

Cpls in a circle with M back to ctr - hands on hips. W on outside of circle in front of M facing RLOD - hold skirt.

1 Step L in place (ct 1); slowly swing R across L (cts 2-3). W use opp ftwk.

2 Repeat meas 1 with opp ftwk.

3-4 MEN: Hold in place while forming an arch with the other M for the W to go under.

WOMEN: Beg R. with 6 steps, W circle CW around M, dancing under ptrs R arm, behind his back, then under L arm. W end in front of ptr facing RLOD.

5-6 Repeat meas 1-2 (step-swing), except W place R hand on ptrs R shldr.

7 MEN: Hold in place with hands on hip.

WOMEN: Step R,L,R, turning CCW (L) once in place.

8 MEN: With ft tog, bow fwd from hips.

WOMEN: Close L to R (ct 1); hold in place, bend and straighten knees.

- 9 Cpls face and join R hands - beg M-L and W-R, do 1 waltz balance twd ptr - R arms are almost straight and raise high above head ht.
- 10 Beg M-R and W-L, do 1 waltz bal away from ptr - joined hands extend fwd at shldr ht.
- 11-12 Beg M-L and W-R, with 6 steps, move fwd exchanging places by circling 1/2 CW - joined inside hands raise high. M end on inside of circle facing out, W face M.
- 13-16 With M dancing in place, W slowly turn 1/4 CW (R) under joined R hands, then continue to circle 3/4 CW. On last meas cpls turn to face LOD, W end slightly behind M and to his R side. Cpls end with R hands joined at shldr ht and extended diag R fwd. W places L hand on M-R shldr.

BRIDGE: FWD IN LOD

- 1-3 Beg outside ft (M-L, W-R), with 3 steps per meas, move fwd in LOD.
- 4 M dance R.L.R (no wt on last step) in place as W continue to move fwd stepping L.R.L while circling 1/2 CCW (L) to face M; on last ct - join L hands over R. End with M facing LOD, W facing M, both have wt on L.

PART II: SIDE TOUCH, LITTLE CIRCLE - BIG CIRCLE

Side touch: (Use same ftwk)

- 1 MEN: Step R to R (ct 1); touch L to L (cts 2-3).
WOMEN: Step R across L pivoting 1/2 CCW (L) to end on M-R side (ct 1); touch L to L (cts 2-3).
Pos: During ct 1, cpls join in varsouvienne pos - joined R hands are over W-R shldr above head ht, L hands low at approx knee ht - lean slightly fwd from hips and face R of ctr.
- 2 Both step L to L - W moves sdwd in front of M from his R side to his L side (ct 1); touch R to R (cts 2-3).
Pos: Cpls are still in varsouvienne pos - joined L hands are over W-L shldr above head ht, R hands low at approx knee ht - leaning slightly fwd and facing out of circle.
- 3 Straightening body and raising joined hands - M hold in place as W step R,L,R turning CCW (L) under joined hands (cts 1-3). End with M facing LOD, W facing M.
- 4 With wt on both ft, bend and straighten knees - with hands remaining at shldr ht, release then rejoin so that L hands are crossed on top of R.
- 4-8 Repeat meas 1-4, except on meas 8 release L hands, end with R hands joined at shldr ht.


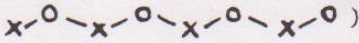
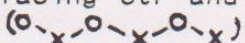
- 9-10 Little circle: (Use opp ftwk)
 With R hands joined high -
MEN: Beg L. dance in place
WOMEN: Beg R, with 6 steps, make a 3/4 CW (R) circle under joined hands.

- 11-16 Big circle: (Use opp ftwk)
 With R hands still joined - M beg L dance in place as W circle CW around M. On last meas M turn 1/4 CW (R) so that back is to ctr of circle. W end on outside of circle facing M.

PART III: STEP-SWING MOVING L

- Both use same ftwk.
 1 Joining hands (palm-to-palm) at shldr ht - step L to L (ct 1); swing R across L (cts 2-3).
 2 Repeat step-swing with opp ftwk. (R. swing L)
 3-4 Beg L. do 6 steps, turning CCW (L) twice while moving to own L (M-LOD, W-ROD). End in front of next person.
 5-8 Repeat meas 1-4.
 9-16 Repeat meas 1-8. with opp ftwk moving to own R. End with L shldrs opp of ptr.

PART IV:

- Both use same ftwk (Beg pos, meas 1: )
 1-2 Join L hands with ptr. R hands in V-pos with neighbor on R forming a double circle. Beg L, do 2 two-steps fwd. W end on the inside of the circle facing in, M on the outside facing out - hands remain joined with arms stretched bkwd. (Ending pos, meas 2: )
 2-4 Beg L. do 2 two-steps bkwd to end in orig pos.
 5-8 Repeat meas 1-4. (fwd & bkwd)
 9 Step L fwd (ct 1); stepping R,L fwd - release R hands with neighbor (L hands joined and extended fwd) - M pivot 1/2 CCW (L) so that both are now facing ctr with W on M-R side - M places R hand on W-R hip. This is the beg of a CCW turn.
 10-12 With 3 steps per meas, cpls continue turning CCW (M-bkwd, W-fwd) completing a 1-1/2 turn. On last meas release R hands with ptr to end in a double circle with M facing ctr and W facing out - join R hands with neighbor on R. ()
 13-16 Repeat movement of meas 9 - 12. End with M back to ctr, W facing M.

PART V: WALTZ IN LOD, W TURN UNDER

Cpls use opp ftwk

- 1-2 Joining in ballroom pos - beg M-L and W-R, do 2 waltz steps turning once in LOD.
- 3-4 With M on inside of circle and W in front of M twd the outside of the circle, and releasing M-R and W-L hands - continue with 2 waltz steps in LOD as W turns CW twice under joined raised hands (M-L, W-R).
- 5-8 Repeat meas 1-4. (2 waltz LOD, W turn under) End with M on inside of circle facing out, W facing M.
- 9-12 Join R hands (star R) slightly above head ht - beg M-L and W-R. circle CCW once with 3 steps per meas.
- 13-14 Join L hands (star L) slightly above head ht - circle 1/2 CW with 6 steps.
- 15 With 3 steps. beg M-L. W-R, continue circling 1/4 more as M beg to move up behind W.
- 16 With 3 steps. beg M-R. W-L. continue circling 1/4 more with M ending slightly behind W in varsouvienne pos. End facing LOD with wt on R.

Dance notes by Eugene Ciejkka and dd. 4-95

Presented by Eugene Ciejkka
So. Calif. Folklore Camp
May 4-7, 1995