

Ges Woda

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DANCE NOTES: *Ges Woda* (Poland)
Taught at Southern California Folklore Camp by Gene Ciejka

Dance Notes by Dorothy Daw and Laura Sauter

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

TRANSLATION: Geese in the Water

PRONUNCIATION: gehs VOH-DAH

TAPE: Camp Seeley, 1995, Polish Dances presented by Eugene Ciejka.

FORMATION: Couples in a circle. Men have backs to center and are about 3' apart from neighbor. Hands on hips, fingers forward. Women are on outside of circle facing RLOD, holding 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 skirts slightly fwd and away from body.

METER: 3/4 PATTERN

Meas.

INTRODUCTION: 4 measures

PART I: STEP-SWINGS, EXCHANGE PLACES

Cpls use opp ftwk

Cpls in 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 arch with other M for 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 & straighten knees
- 9 Cpls face and join R hands - beg M-L and W-r, do 1 waltz balance twd ptr - R arms 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 continues to move fwd stepping L,R,L while circling 1/2 CCW (L) to face M: on last cyt - join L hand 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 WOR 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 steps 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.
- 5-8 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 footwork) 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 1/4CW (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 footwork.

- 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 shldr opp of ptr.

PART IV:

Both use same ftwk (Beg pos., meas 1: X X X X
 O O O O)

- 1-2 Join L hands with ptr. R hands in V-pos with neighbor on R forming double circle. Beg L do 2 two-steps fwd. W end on inside of circle facing in, M on outside facing out - hands remain joined with arms stretched bkwd.
 (Ending pos. meas 2: O O O O)
 X X X X)
 2-4 Beg L do 2 two-steps bkwd to end in orig pos.
 5-8 Repeat meas 1-4 (twd & 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 double circle with M facing ctr and W facing out. Join hands with neighbor on R
 (O O O O)
 X X X X)
 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.