

Góralski 2005

(Poland)

A modern dance number based on the folklore of the Tatra Mountains of Poland. The Górale (Mountain Folk) of Poland have a unique style and dialect of their own. To this day when travelling through this region, you will find the local people dressed in elements of the traditional costume. The young people continue the traditions and customs of their ancestors by taking their lyrics and melodies and adapting them to modern instruments. While you can find modern adaptations in the other parts of the country, the Górale ones have a special beat of their own. I usually don't teach mountain dances in folk camps due to their intricate footwork and the uniqueness of the music, which at times can be quite repetitious and hard to listen to, however I believe that this modern version will be a blast of fresh air and will give the student a taste of the speciality of this folklore.



Pronunciation:

Music: *Folk Dances from Poland, Vol. 2, Band 6.* Performed and arranged by Kayah and Bregovic
2/4 meter.

Formation: Circle of individual dancers facing ctr of circle.

Steps: Promenade step: Moving in LOD, with wt on L, place R heel firmly on the floor with R leg remaining straight (ct 1); place complete ft on floor while bending the R knee and lifting the L ft off the floor slightly with bent knee and bringing fwd parallel to the R ft (cts &,2); continue bringing L ft fwd and ahead (ct &). Can be done with opp ftwk.

Walking step: Everyday walking step: heel down first, followed by the rest of ft (cts 1,&,2,&).

Krzesany (doubles) (2 meas): This step begins with L and R ft parallel and slightly apart from each other. While standing on ball of L ft, place ball of R ft across and in front of L ft and switch wt to the R ft (ct1); bring wt back to ball of L ft (ct&); put R ft back to original place and transfer wt back to R (ct 2); switch wt back to ball of L ft (ct &). Repeat this "Single krzesany step," but do not bring wt back to th L ft on 2nd ct &, so that the double krzesany can be performed with the opp ftwk.

Side-to-side step (2 meas): Start this step with ft together and wt on L. With knees slightly bent, place R ft approx 1 foot away from the L by slightly lifting ft off the floor (ct1); bring L next to R ft without lifting the L ft off the floor (lightly dragging the ft) and switching wt to the L (ct &); repeat the movement with the R ft and then the L ft, but do not switch wt so step can be repeated in the opp dir with opp ftwk.

Gorale sway (2 meas): Facing LOD this step will move fwd in a zigzag motion.

Meas 1: With wt on L and knees bent, step to R on flat R ft shifting wt to the R while moving fwd so that the R ft lands ahead of the L (while doing this L heel will leave floor) (cts 1,&); bring L ft across behind the R ft, with the wt landing on the ball of L ft and R ft coming off floor ever so slightly (ct 2&).

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Meas 2: Put R ft back on floor and lift L ft, leaving it behind R ft (cts 1&); scuff (gentle hop/drag of ft) fwd with R ft, bending L knee and bringing L ft off the floor and to L side so lower leg is at a 45 degree angle to floor (cts 2&). The next step will move in the opp diag fwd beg with L.

Styling: Although modern the styling is still taken from the mountain regions of Poland, where M are proud and stand tall yet the mountainous terrain often causes them to lean fwd so as to keep their balance. They also wear wide heavy leather belts that give them stiff support around their midriff. W may be used to hard work but they are very light on their feet.

Individual pos: W: Hands on the hips with fingers on the small of the back and the thumb facing downward so that elbows are pointing bkwd. M: Clasp their hands behind their back.

Circle: All join hands.

MeasPattern

INTRODUCTION No action. Gorale sing us into the dance – Girl will say “Prawy do Lewego – Lewy do Prawego” – This is cue to clap (4 drum beats – clap hands 1-2-3-4).

OPENING KRZESANY (Individual holds)

- 1-2 Krzesany with the R.
- 3-4 Krzesany with the L.
- 5-6 Side-to-side step to R.
- 7-8 Side-to-side step to L.
- 9-16 Repeat meas 1-8. End facing LOD.

DANCE #1I. PROMENADE (all join hands)

- 1-16 Facing LOD, 16 Promenade steps beg R.
- 17-20 Beg R, take 4 walking steps twd outside of circle and then back in to starting pos in a CW motion. Raise both hands above the head.

II. THE GÓRALE SWAY (individual hand pos)

- 1-2 One Górale sway step twd outside of circle (Zig).
- 3-4 One Górale sway step twd inside of circle (Zag).
- 5-6 One Górale sway step twd outside of circle (Zig).
- 7-8 Turn in twd ctr of circle (always keeping in mind to enter at an angle – Zag) making 1 revolution using 3 steps L, R, L (cts 1,&,2); hold (ct&). Clap hands to the L of the head on this last ct &.
- 9-16 Repeat meas 1-8. End facing ctr of circle.

III. KRZESANY

- 1-16 Repeat Opening Krzesany.

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FIGURES FOR DANCES 2, 3, AND 4

<u>DANCE 2</u>	<u>DANCE 3</u>	<u>DANCE 4</u>	
Fig I.	Fig I.	Fig I.	
Fig II.	Fig II.	Fig II.	Slight variation on meas 15 and 16 – Music slows down: Meas 15: Lean fwd on L twds ctr of circle with arms open wide to either side and parallel to the floor. Meas 16: Take 6 quick small steps in a CCW revolution.
Fig III.	Fig III.	1-2-3-4	4 Drum beats – Clap hands 4 times.
		Fig II.	Same as in Dance 1, 2, and 3.
		Fig II.	Same as in Dance 1, 2, and 3. Music will fade out.

Presented by Richard Schmidt