

Presented by Morley Leyton

JACOK
(Yah'- tsok)

This dance was learned from Hanna Chojnacka in Warsaw and can be found in Tance Krosnienskie by Józef Szmyd, CPARA, 1961

RECORD: Z Okolic Rzeszowa, LTN 1001 B, band 6

FORMATION: Cpls in a circle, facing ctr. Open pos, W on M R. M R arm around ptr's waist, W L hand on M R shldr.

BASIC STEP: Jacok step. Simply a step-tog-step, hold BUT: there is a strong downward-directed knee bend on each count, including the hold count. The step is flat-footed and proud and must be done with liveliness and zest. Hold yourself a little more than erect.

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PATTERN

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| Meas | <u>PART I</u> Look at partner throughout. |
| 1 | Beg with outside ft, ML WR, free hand hanging by side, dance one basic Jacok step almost directly into ctr, but slightly in LOD. The upper body and head make a slight nod fwd. |
| 2 | Moving away from ctr and slightly LOD, dance one Jacok step bwd, the body leaning back a little. |
| 3 | Moving now almost in LOD, dance a Jacok step fwd. |
| 4 | Dance one Jacok step, making a 3/4 turn CW to face ctr, outside ft pointed. |
| 5-7 | Same as meas 1-3. |
| 8 | Both M and W plie with both ft tog (ct 1), W jumps straight up with wt on M R shldr, and M lifts her and turns 3/4 to face ctr (ct 2); W lands (ct 3). Separate ^{HOLD} (4) |
| 9-16 | Repeat meas 1-8. |
| | <u>PART II M & W SEPARATE</u> |
| | <u>W Part</u> |
| 1 | Fists on hips, thumbs back, backs of hands horizontal, elbows well fwd, send a pulse into the stomach on each beat and bring the elbows back a little, then return to place. Starting with R, dance one Jacok step fwd in LOD. On cts 1, 2, & 3 incline the head RLR, Hold. Flirt with ptr. |
| 2 | Repeat with opp ftwk |

continued...

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Jacok-Continued

- 3-4 Same as 1-2
5-6 Same as 1-2
7 Same as 1
8 Step back on L ft (ct 1); stamp R heel and strike haughty pose, head high (ct 3).
9-16 Same as Meas 1-8, except make a 1/2 turn CW on ^{first} ~~each~~ Jacok step to face LOD,

MAKE 1/2 TURN CW (CT2);

- M Part
1-7 Facing LOD, do 7 Jacok steps fwd. ~~L fist on hip, R arm up, doing Rzeszów hand wave.~~ ^{ARMS HIGH & HELD} Flirt with ptr.
8 Step on R (ct 1); bring R hand to hip, stamp L heel and pose (ct 3).
9-16 Repeat meas 1-8 ^{OR, L FIST ON HIP, R ARM UP, DOING RZESZÓW HAND WAVE.}

PART III

Same as Part I, except in last measure W should end up on outside of circle (make whole turn in lift).

PART IV.

- 1 Begin face to face, hands on hips. Turn separately and progress along LOD, do one Jacok step, make 1/2 turn, M CCW, W CW.
2 Continue turning, complete to face to face.
3-6 Repeat meas 1-2 twice
7 Repeat meas 1
8 Complete turn with one step (ct 1); stamp and pose (Ct 2-3).
9-16 Repeat Meas 1-8

Dance repeats once.

NOTE: PARTS I & II ARE SETS OF VARIATIONS NOT NECESSARILY LIMITED TO THIS SEQUENCE. THESE STEPS MAY BE DONE AD LIB,