

KRAKOWIAK (Poland)

OPENING FORMATION: Couples arranged in circle, lady to right of man. Free hands are used in flowery gestures and ladies hold their hands on skirts. (We suggest an 8-measure waiting period before starting the dance with this music.)



PART 1: Partners face each other. Man's back to center of circle. Man has left hand well overhead. Lady holds skirt with her right hand. Lady places her left hand on man's right shoulder, man places his right hand on her waist.

In this position both take 16 long gallop or slide steps around the circle, moving counterclockwise.

EPA-4127-1

PART 2: Retaining the same position as in PART 1 dancers now turn in place, counterclockwise, with the man moving backwards, the lady forward, using the following step:

MAN'S STEP: Hop on right foot, raising left knee. Step down on left foot. Step down on right foot. Do this 8 times. Note that the man swings left foot backwards on each hop.

LADY'S STEP: Hop on left foot, raising right knee. Step down on right foot. Step down on left foot. Lady swings right foot forward on each hop. Repeat 8 times. In other words, lady is doing exactly same step as man, but on opposite foot.

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PART 3: Repeat PART 1 (the 16 gallop steps), but finish facing the center of the circle.

PART 4: (A) Dancers all face the center in one big circle. Starting on man's left foot, lady's right, partners balance away from each other with one "pas de basque" and then towards each other with another "pas de basque." Repeat.

Dancers turn away from each other on the first "pas de basque," and inwards towards each other on the second. They hold inside hands. Free arms are flung outwards on the first step and then in front of chest on the second step. The gesture is full and flowery.

(B) Still retaining inside hands, face partner. Dancers now move sideways to the center of the circle with 2 heel-click steps, followed by 3 quick steps, as follows:

MAN: Hop on right foot and at same time click left heel to right heel. Do this twice, at same time inching towards the center. Then take 3 quick steps in place—left, right, left. Repeat, this time hopping twice on left foot while clicking right heel to left heel, and take 3 quick steps in place—right, left, right.

LADY: Do same as man, using opposite feet. During (B) of PART 4, hold inside hands with partner, with outside hands stretched out to the side and up. During the 3 quick steps change hands with partner. Thus, when dancers are moving to center, sideways, the man holds the lady's left hand with his right hand. But when moving away from the center, man holds the lady's right hand with his left.

In other words, PART 4, A and B, consists of: Balance out and in, balance out and in. Click, click to center and 1, 2, 3. Click, click away from center and 1, 2, 3. Repeat the entire sequence.

PART 5: Cross hands with partner and move sideways to center with 6 sliding steps. On the 7th, jump lightly on both feet and on the 8th, the man hops on the left, the lady on the right foot, with the other foot raised and toe pointing down. With 6 slides move to place in the other direction the same way, finishing as

above but on opposite feet. The leader may call "slide, slide," etc., 6 times, then say "seven up" to help dancers keep in tempo.

PART 6: In place, brush right foot forward slightly to the left, then brush same foot backwards and take 3 quick steps—right, left, right. Brush left foot forward and back, and take 3 quick steps—left, right, left. Repeat the brush step with the right, then the left foot.

PART 7: This figure is sometimes referred to as the "windmill." Retain crossed hands and repeat the footwork of PART 5. However, instead of moving to and away from the center, turn clockwise in place with 6 slide steps and "seven up." Then do the same thing counterclockwise, FINISHING WITH PARTNERS FACING EACH OTHER AND MAN'S BACK TO CENTER OF RING.

PART 8: "Boxes"—Each dancer will now be moving in a little square around his partner.

(A) Dancers move to their own right. Right hand is overhead, left hand on hip. Hop on left foot, clicking right heel to left foot, twice. Take 3 quick steps—right, left, right—and during these 3 steps, make a quarter turn on the spot to the right.

(B) Hold left hand overhead, right hand on hip. Move to own left, passing back to back with partner, hopping twice on right foot, clicking left heel to right foot. Take 3 quick steps—left, right, left—during which you make a quarter turn to own right.

The man is now facing the center, the lady has her back to center of circle; partners facing each other.

(C) Hold right hand overhead, left hand on hip. Move to own right, hopping twice on left foot, clicking right heel to left foot. Take 3 quick steps—right, left, right—making a quarter turn to right.

(D) Put left hand overhead, right hand on hip. Move to own left, passing back-to-back with partner, hopping twice on right foot, clicking left heel to the right foot. Take 3 quick steps to right—left, right, left.

Repeat the dance from the beginning. (Note: On this record, dance will finish with the "gallop" figure.)

