

1968 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by : Eugene Ciejka

KRAKOWIAK (krra - kov-yak, accent on KOV)

- SOURCE:** Frances Wesolowska, instructor, Polish National Alliance, New York City.
- MUSIC:** ABC Paramount, Polka Melody Time, # ABC 127
ABC Paramount, The Big 15 Polkas, # ABC (S) 359 (S)
Warner Bros records, Polka Party # W 1299 (8299) or any other rendition of a krakowiak with 192 measures.
- FORMATION:** Couples in a circle, M on outside with R hand on ptrs L waist, W L hand on ptrs R shoulder, leading arms extended fwd and high, not joined.
- NOTE:** The Krakowiak is not a particular piece of music although here in America, it has come to mean just that. A dance can be a krakowiak without bearing the name, and a dance called a krakowiak does not necessarily have to be one if it is played in the character of the polka. The difference is slight. The krakowiak always have, for the dancer, the feeling of being on horseback. Not jerky, but an even, galloping action.
- STEPS:** Steps are desc for M, W use opp ftwk.
SLIDE: There are 2 slides per meas. Step L onto ball of ft taking a small hop off R (ct 1), draw R instep to L heel and transfer wt to R, with a slight hop off L, remaining on balls of feet (ct &). Repeat for cts 2 &. (Free H is extended and raised over the head and fwd of the body. When dancing alone, Trailing hand is on hip with loose fist.
CRIPPLE STEP: One cripple step per meas. Step onto R (ct 1), hop on R while swing L around CCW and behind, placing L near R (ct &); Step on L (ct 2); pick up R and hold (ct &). L leg bends at the knee and is kept close to body line. L assists in making turn by pushing off in Beat 1, ct &. Turn 1/2 turn for each meas. (M R arm is around W waist and on W R hip. W L hand is on M L shldr, fingers fwd over top of shldr, free arms as in slide step. W always moves fwd.
CLICK STEP: Two meas for each click step. Meas 1-- Extend leading ft to side with a straight leg about 3 inches off floor. Supporting ft is brought up to s leading ft by hopping slightly off supporting ft and bringing heel of ft to heel of extended ft. (ct 1), supporting leg returns to floor (Ct &); repeat cts 1 &. Meas 2--Stamp RLR (cts 1 & 2) hold ct & stamp. To move L, reverse ftwk. (leading arm passes in front of body and up and around reaching the side on (Ct 2) body bends slightly away from ptr and is followed by a held pos during stamps of 2nd meas. Trailing arm is placed on hip. arms reverse with reverse of direction during the first meas (cts 1 & 2) and hold for 2nd meas (cts 1 & 2 &) while stamps are done.

POLKA STEP: One polka step per meas. Hop on L slightly (ct 1); touch R toe to floor without wt (Ct &). hop on L (ct 2), hop from L to R, taking wt on R and bending L at knee so that sole of L is perp to floor (ct &). Reverse ftwk for next meas.

STEP-HOP: One step-hop per meas. This step has same feel as the cripple step. holding ptrs hands with arms stretched, but not strained, out to sides. Step on R (ct 1). hop, slightly, on R, while bringing L fwd (ct &). step on L (ct 2) and bring R fwd to L and hold (ct &).

Meas 1

HORSE STEP: Horse step takes 2 full meas. Holding ptrs hands with arms stretched, as above, hop step with ptrs facing each other. Stand on L, bend body sideways so that R hand is lower than L. ~~Eyes~~ are cast in direction of R ft. Extend R diag fwd to R (ct 1); flex ankle and brush toe on floor twd yourself (ct &) extend foot again (ct 2), brush R toe bkwd (ct &) leave R in that pos. Ft when extended should not touch floor. (Overall effect is that of a horse pawing the ground)

Meas 2

Body is straightened and bent to L side. Please look at ptr. Stamp RLR (cts 1 & 2) hold ct & Repeat opp direction with opp ftwk.

CABRIOLLE: Extend leading ft R to R while hopping off the L, bringing L heel to R heel (ct 1); Land on L (ct &); step on R to R (ct 2); step on L next to R (ct &). Repeat sequence for next meas.

PATTERN

Meas INTRODUCTION: Two meas
FIGURE I SLIDE STEP

1-11 22 slide steps

12 Extend leading ft in LOD (ct 1), bring trailing ft to L without touching floor and open up to face LOD (ct &); hopping into air off leading ft, both feet tog with slight bend at knees (ct 2); land on both ft with wt on outside ft, M L. and hold (ct &)

FIGURE II CRIPPLE STEP

1-4 Dance four cripple steps, finishing LOD, releasing ptr on Ct 2 and stepping apart (four feet) and dropping arms down in front (ct &) not taking wt on outside ft (Ct &)

FIGURE III BALANCE STEP

1 Balance in place facing LOD LRL. Arms are swung down and around and up away from ptr to shldr ht, head turns to watch hands.

2 Repeat Meas 1 with opp ftwk

3-4 Repeat Meas 1-2

FIGURE IV CLICK STEP

1-2 Dance one click step, M moving L and W R. M head turned to R, W L

3-4 Repeat above reversing ftwk.

continued ->

FIGURE VI BALANCE STEP

Repeat FIG III, meas 2-3, then 1 twice
Repeat FIG III, Meas 1

FIGURE VI CLICK STEP

- 1-2 Dance one click step moving to R and passing behind W to finish on her right for the stamps. M head turns L.
- 3-4 Repeat Meas 1-2 reversing ftwk. and direction. On meas during the stamps cpls turn backs to each other M turning CCW so that M R and W L hldrs face LOD

FIGURE VII SLIDES WITH 1/2 TURNS

- 1 Dance 2 slides in LOD
- 2 Dance one slide in LOD (ct 1&) extend leading leg and take wt (ct @). Hop on leading ft while turning 1/2 turn to face ptr. M CW and W CCW
- 3-4 Repeat meas 1-2 reversing ftwk, arms and direction of turn.
- 5-7 Repeat Meas 1-3
- 8 Repeat FIG, I Meas 12. Assum pos of cripple step while doing this.

FIGURE VIII CRIPPLE STEP

- 1-8 Dance eight cripple steps with ptr finishing with slight adjustment to place M on outside of circle facing ptr who is facing out.

FIGURE IX BOX STEP (Click Step with 1/2 Turn)

- 1-2 Moving each to R, dance one click step. On the stamp, turn 1/4 turn CW while reversing arm pos.
- 3-4 Both moving to L, dance one click step, turning 1/4 turn as above (M now on inside of circle)
- 5-8 Repeat Meas 1-4 finishing with M on outside of circle.

FIGURE X WAIST TURN

- 1-3 Dance three polka steps while turning with a R waist turn with ptr, CW
- 4 Dance one polka step in place. M & W turning individually CW to take L waists. (M on inside of circle)
- 5-8 Repeat meas 1-4 . Use last meas to separate with M on outside and taking ptrs hands for next figure. Turn is CCW

continued...

FIGURE XI STEP HOP STEP

- 1-3 Dance three step-hop steps turning CCW. M ends on inside of circle.
- 4 M steps on R, bringing L next to R, taking wt on both ft. (ct 1); Ft tog. M bends at knees remaining on balls of ft so that buttocks almost rest on heels (ct &) M swivels from R to L CCW while in this pos, leaning away from ptr who is still holding his hands. (ct 2) M stands up with wt on R (ct &) W does same step but does not do knee bend and leans away from ptr to counterbalance his wt. Arms, during this meas, come in from sides to allow for balancing.
- 5-7 Repeat Meas 1-3 with reverse ftwk in opp direction
- 8 Holding hands and arms out to side, bend at waist with straight back, bringing your face to L side of ptrs face and stamp LRL (ct 12) hold (ct &
- 9016 Repeat meas 1-8, except W does not take wt on L

FIGURE XII CRIPPLE STEP

- 1-4 Dance four cripple steps in place turning CCW, M finish on outside of circle, releasing leading hands to ready for a slide step. On ct & of beat 2, neither ptr takes wt on leading ft.

FIGURE XIII SLIDE STEP

- 1-7 Dance 14 slide steps in LOD
- 8 Repeat FIG I Meas 12

FIGURE XIV CRIPPLE STEP

- 1-4 Dance four cripple steps finishing with M on outside facing ptr holding her hands with arms extended to sides about chest high.

FIGURE XV HORSE STEP

- 1-8 Dance four horse steps while holding arms, hands hold-ptrs hands, out to sides about chest height. On last meas, M crosses hands in front after releasing ptr, and places R over L. Ptr then grasps his R in W R and his L in her L.
- 9 M dances one click step passing around ptr on her L finishing step on inside of circle. W turns CW under M raised arms and takes pos on outside of circle. W steps LR to face M.
- 10 Ptrs pull away from each other slightly, so arms are stretched outfull. M stamps RLR; W stamps LRL
- 11-12 Repeat meas 9-10 with opp ftwk
- 13-16 Repeat Meas 9-12

FIGURE XVI CRIPPLE STEP

- 1-8 Dance 8 cripple steps with M ending on outside of circle. On meas 8 neither takes wt on leading ft. on Ct 2, touch leading ft to floor for stability but do not take wt.

FIGURE XVII SLIDE STEP

- 1-7 Dance 14 slides in LOD
- 8 All open up into one large circle holding hands with dancers on either side of you. Ptr should be on R. All facing ctr, M taking pos while moving slightly ahead of ptr in LOD. M make 1/2 turn CW to face ctr. Both ptrs stamping three times while taking pos. M stamp LRL. W opp. Don't take wt on last stamp. (Note: it is important that entire circle come to a full stop before beg the next figure.)

FIGURE XVIII CABRIOLLE

- 1-7 Holding hands a little above hip line, dance seven cabriolles to R-CCW
- 8 Stamp RLR on cts 1 & 2. holding ct & of beat 2
- 9-15 Repeat meas 107 in opp direction
- 16 Repeat meas 8, stamping LRL

FIGURE XIX POLKA STEP

- 1 Dance one polka step while moving unto ctr with a sharp bend fwd from waist and bringing arms up and around from the back and down in front
- 2 Repeat Meas 1, moving out of circle. as in above meas
- 3-4 Repeat meas 1-2
- 5-8 Dance a R waist turn using polka steps in FIG X using last meas to release hold and return to pos in large single circle.
- 9-16 Repeat Meas 5-8 .On last meas M facing RLOD facing their ptr.

FIGURE XX STAR

- 1 All dance two slides to R and diag fwd. so that M L shldr and W R are in line. Use arms as in boxs step. M moving RLOD in larger, outside circle.
- 2 All stamp RLR
- 3 Repeat meas 1 moving L and passing next person face to face so that M R and L L shldr are in line. M on inside
- 4 All stamp LRL

Krakowiak -6

- 5-7 Repeat Meas 1-3
- 8 All stamp LRL while turning CCW to face opp direction. M now face LOD
Do not take wt on L at end of stamp
- 9-10 Passing face to face with W on L (4th lady met during meas 1-8), move
L (meas 9) and stamp RLR (meas 10)
- 11-16 Moving fwd on diag with 2 slides and a stamp per move, advance one
pos at a time until you come to your original ptr on meas 15. Do not pass
him. Stamp RLR (meas 16). M does not take wt on R at end of meas.

FIGURE XXI CRIPPLE STEP

- 1-8 Dance 8 cripple steps in place finishing so that M is on outside of
circle, making the adjustment by making 1st cripple step take you 1/4
turn around, placing M on inside for Meas 1 while turning CCW with
ptr.

FIGURE XXII SLIDE STEP

- 1-3 Dance 14 slide steps LOD with ptr
- 4 Extend leading ft in LOD; bringing trailing ft to L without touching
floor and opening up to face front LOD (ct &); hop into air off of L
ft, both feet tog with slight bend at knees (ct 2)1 ; land on both
ft with wt evenly distributed. The arms are held high to side and
slightly bent at lbow (ct &).