

KRAKOWIAK (polish)

RECORD: Victor

FORMATION: Couples in a circle, facing counterclockwise.

REVIEW INSTRUCTIONS ONLY

These are review instructions only, to remind you of the sequence of figures which you learned. The Krakowiak, as done by dancers in Poland and by the many Polish groups in Canada and the United States, has many different figures, not always done in the same sequence. This is the sequence of figures set by Polish dance groups in New York City, which has been adopted by most folk dance groups throughout the country.

Figure 1. Step-slide forward.

Boy's right arm around girl's waist; girl's left hand on boy's right shoulder; boy's left hand hold high and forward; girl's hand holding skirt forward. Take sixteen vigorous step slides around the circle counterclockwise, leaning forward rather than backward.

Figure 2. Step hops around.

In same position, step on inside foot, hop on it, step on outside foot to turn counterclockwise, in place (eight step, hop, steps).

Figure 3. Step-slide forward.

Repeat figure 1.

Figure 4. Balance and step hop to center.

Both facing center of circle holding inside hands, outside hands free, (making a single circle of couples), pas de pas beginning with outside feet (girl's right, boy's left), then inside feet. Repeat. Turn to face partner and move into center of circle with two step hops (clicking heels together on the hop) on the trailing foot, and a step, step, step. Move out of circle back to place with a click, click, one, two, three.

Repeat all.

Figure 5. Step-slide to center.

Facing partner and holding both hands, take eight small step-slides to center of circle, jumping with feet together on eighth. Move out of circle back to place with eight more step-slides.

Figure 6. Brush step.

Still facing partner and holding both hands, brush left foot diagonally forward and back, then a quick polka step beginning with left foot. Do the same with the right foot. Repeat all.

## Figure 7. Step-slide in circle.

Still holding both hands, take eight small but lively step-slides turning in place to the left, ending with jump on eighth. Then move to the right.

## Figure 8. Box step.

With this step, each dancer traces a square pattern on the floor moving around their partner and back to place. The footwork is as follows: moving to the right, hop twice on left foot (clicking heels together if possible), step right, left, right in place making a quarter turn to the right. Then moving to the left, hop twice on right foot, step left, right, left in place again turning a quarter turn to the right (you will now be facing partner in partner's place). Repeat back to place. Then repeat moving once more all around the square. Arms move also: as you move to the right, the right arm is up; as you go to the left, the left arm is raised in the air. The motion is continuous; keep changing hands from the waist to above your head, in a graceful but strong motion.

## Figure 9. Step-slide forward.

Repeat figure 1.

The record has music for two and about a half time through. Generally only the young folks last through to the very end -- this is a vigorous and powerful dance, representative of the strong, virile peasant types in Poland.