

LASOWIAK
(Poland)

Lasowiak is a simple cpl dance in 2/4 time from the Rzeszów (ZEH-shoof) region in southeastern Poland. Workers from central Poland came to the northern part of the Rzeszów region (around Tarnobrzeg (tahr-NOH-bzhehg) to help clear the Sandomierz (sun-DOH-myezh) virgin forest. They have been called the Lasowiaks from the word las (lahs) (forest). One of their dances, from the village Machow (MAH-hoof), also acquired the same name. Lidia Nartowska, the renowned Rzeszów folklorist, researched this dance and introduced it in Poland in the 1950s. The dance is very characteristic for the Rzeszów region because of its special arm positions and movements. The music is composed of two melodies, each four measures long, which are repeated.

Pronunciation: lah-SOH-vyahk

Record: JA-333 "Tańce rzeszowskie" (Polish Folk Dances from the Rzeszów Region), Side B/3, available from Ada Dziwanowska; also Folk Dancer MH-4001. Music by Stanisław Szabat's Folk Orchestra from Rzeszów. 2/4 meter.

Formation: Cpls around a circle, both ptrs facing ctr, M stands behind W, holding her forearms, R with R hand, and L with L.

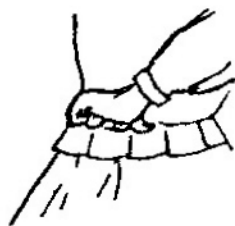
Steps and Styling: Gallop (sdwd sliding, two per meas) is done smoothly, on bent knees, with very small steps.



Zeskok (ZEH-shohk) (done on ct 2 of every 4th and 8th meas): Jump, landing on both ft with accent, knees slightly bent, ft together.

Place Fists on Own Waist: Place closed (not clenched) hands on own waist in front of hip bones (near navel), with wrists straight, thumbs pointing bkwd, and elbows slightly fwd.

Clapping of hands together is done on ct 1 and on ct 2 of each meas.



Mel-
ody Meas

Pattern

B 1-4 INTRODUCTION
No action.

A 1-8 I-A. M CLAPS W'S HANDS TOGETHER
Stand in place and slightly flex knees on ct 1 and on ct 2 of each meas, while M clap W's hands together (16 times).

LASOWIAK (Continued)I-B. GALLOP AROUND THE CIRCLE

- B 1-4 M: Placing palms on ptr's hips, W: placing fists on own waist, both gallop to own L seven times and end with a Zeskok.
- 5-8 Repeat meas 1-4 with opp ftwk and direction, except M: release ptr and place fists on own waist and with a 1/4 turn (M CW, W CCW) end facing ptr (M will now be facing LOD, W RLOD).

IIA. GALLOP IN AND OUT OF THE CIRCLE

- A 1-4 With body slightly bent fwd, gallop to M L, W R seven times, clapping own hands, with elbows jutting out and fingers pointing downward. End with a Zeskok, straightening body and placing fists on own waist.
- 5-8 Repeat meas 1-4 with opp ftwk and direction.

IIB. TURN IN PLACE

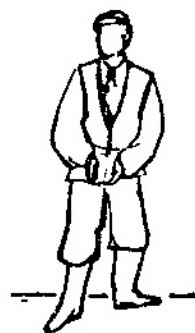
- B 1-4 Hold ptr's upper arm muscles and round out your arms; with seven small smooth gallop steps, turn CW in place and end with a Zeskok. At the same time, jerk joined arms up (on ct 1 and on ct 2 of each meas) and down (on cts &) with a pumping motion of the elbows.
- 5-8 Repeat meas 1-4 with opp ftwk and direction but same arm movements; end with M facing in, W facing out.

IIIA. GALLOP TO OWN LEFT

- A 1-4 Release ptr and while clapping own hands (M as in Figure IIA, W over head), move to own L with seven gallop steps and end with a Zeskok, placing fists on own waist (you may omit the Zeskok and fists here).
- 5-8 Repeat meas 1-4 with same ftwk and direction; you will end in front of a new ptr.

IIIB. TURN IN PLACE WITH A NEW PTR.

- B 1-8 Repeat action of Figure II-B, except with the final Zeskok acquire starting formation.



Repeat the entire dance three more times, each time with a new ptr. The dance may be changed to a non-mixer by dancing meas 5-8 (Figure III-A) with opp ftwk and direction.

Dance introduced at the 1970 Maine Folk Dance Camp by Ada and Jaś Dziewanowski. Please do not reproduce these directions without their permission.