

## LASOWIAK

Polish dance from Rzeszów Region

Pronounced: Lah-so-vyak

Record: FOLK DANCER, MH Series 400

Music by Stanisław Szabat's Folk Orchestra  
from Rzeszów

# Lasowiak

**FORMATION:** Couples facing center of Ring. Man stands behind Lady. Man has arms around Lady so that he is holding her forearms, R in R and L in L.

**PART I (A)** Both stand in place, slightly flexing knees as Man claps Lady's hands together, 16 times.

**(B)** Man places hands on Lady's waist. Lady has fists on her waist in front of hip bones and both galop (slide) to own Left 7 times. On the 8th time, jump on both feet, close together. Repeat in other direction, but end facing partner in single circle formation, with Man facing CCW and Lady facing CW.

**PART 2 (A)** Both slide sideways to center of ring, clapping hands, with elbows jutting out and fingers pointing downwards. Do 7 galop (sliding) steps towards center and finish with jump on both feet close together, and on the jump immediately place both fists on own waist. Repeat Part 2A in other direction.

**(B)** Take upper arm position (muscles) and round out the arms as if they were around a barrel. Dance to L, clockwise with 7 very smooth, tiny galop (slide) steps and finish with a jump on both feet close together. Repeat in other direction. **IMPORTANT...** during this figure, the arms are moved down and up with a pumping motion of the elbows. On the last jump make sure Lady finishes with back to center of ring, facing partner.

**Part 3 (A)**

All move to own Left with 7 galop (slide) steps and a jump on the 8th count, and continue moving in same direction with another 7 galop (slide) steps and a jump. **IMPORTANT:** During this figure, the ladies clap their hands over head with elbows jutting out and fingers pointing upwards, and men bend their bodies and clap their hands knee high and fingers pointing downwards. On the 8th & 16th counts, everybody places both fists on own waist.

**(B)** Resume upper arm position with new partner you are now facing and do part 2 B. (sideward slide and hand pumping). On the last jump, Lady finishes with back to this new partner with whom she will then repeat the dance from beginning.

### NOTE:

This dance is arranged as a mixer. If you prefer not to make it a change partner dance, then in Part 3 A do the slides to the LEFT and to the RIGHT, instead of to the Left both times.

**CHILDREN'S VERSION:** The record should be slowed down; do only Parts 1 and 2.



This dance researched by Polish dance authority Ada Dziwanowska and presented at Maine Folk Dance Camp 1970...please do not reproduce these directions without her permission.