

1976 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Morley Leyton

MACH
Poland

Dance from Lublin, learned from Zbigniew Kwiatkowski

MUSIC: LTN 4

FORMATION: Couples in skating pos, R hands over, W on M R, facing LOD.

WORDS: TANCUJ, MACH A DAM CI PEIROG
TANCUJ, MACH A DAM CI DWA
JEDNEGO MI MAMA DALA (repeat)
DRUGIEGO SE UPIELKA.

Meas

PATTERN

- PART I. Sing above words
- 1 Step on inside ft in LOD (ct 1) bend standing leg and point
free ft away from ptr (ct 2)
- 2 Step on outside ft in LOD (ct 1) bend standing leg and point
free ft twd ptr (ct 2)
- 3-4 Repeat meas 1-2
- 5-6 Repeat meas 1-2
- 7 Repeat meas 1
- 8 Keep wt on inside ft and rotate on that ft, M CW and W CCW,
bringing pointed free ft between you and your ptr, ending up
in skating pos facing RLOD, M on inside.
- 9-16 Repeat meas 1-8 on opp ft and in opp direction
- 17-23 Repeat meas 1-7
- 24 Turn to face ptr, wt on both ft.

PART II: TURNS

- 1-8 Assume shldr shldr-blade pos, R ft fwd, hips and shldrs parallel.
Shift wt, M fwd onto R ft, W bwd onto L ft (ct 1) shift wt,
M bwd onto L ft, W fwd onto R ft (ct 2) Turn slightly CW on each ste
- 9-16 Repeat meas 1-8, faster
- 17-23 Repeat meas 9-16, faster
- 24 Release M L and W R hand, opening up and throwing free hand out
to side, meanwhile shouting "Mach".

PART III

Repeat Part I

PART IV

Repeat Part II