

## Maruszka (Poland)

Maruszka (mah-ROOSH-kah) means "Little Mary". This dance comes from Kaszuby in Pomorze (Pomerania), the Baltic Sea region of Poland, and shows Scandinavian and German influences. The dance was presented by Ada Dziwanowska at the 1981 University of the Pacific Folk Dance Camp.

RECORD: RPC ZM-40591 "Tańce Ludowe z Polski" (Folk Dances from Poland) Vol. I Side B/8  
3/4 meter.

FORMATION: Cpls in a circle, ptrs facing, W back to ctr. MR and WL hands joined and extended in LOD, palm down, M hand on top of W. Free hand is on own hip, fingers and elbow fwd.

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MUSIC 3/4

PATTERN

Measures

4 meas INTRODUCTION No action.

I. SIDE-STEP AND W TURN

A 1 M step sdwd L (ct 1); close R to L (ct 2); hold (ct 3). W use opp ftwk and direction. Swing joined hands down between cpl.

2 Repeat meas 1 with opp ftwk, direction and arm movement, but with same hands.

3 M repeat meas 1. W turn once CW with 3 steps R,L,R. M lead W into turn, then release hands.

4 Repeat meas 2, M "catch" W hand and swing joined hands to his R.

5-7 Repeat meas 1-3.

8 Stamp 2 times in place (M: R,L; W: L,R), hands on own hips (cts 1,2); hold (ct 3).

II. BALANCE AND SIDE-BEND

B 1 Join both hands straight across. Step fwd on L to side-by-side pos, L hips adjacent, leave R ft in place touching floor, extend joined hands out to sides (ct 1); hold (cts 2,3).

2 Step back onto R ft (ct 1); close L beside R, taking wt on both ft (ct 2); hold (ct 3).

3-4 Repeat meas 1-2 with opp ftwk to opp hip.

5 M step sdwd L with L knee bent, leave straight R leg in place, bend body to R and tilt outstretched arms with the body (cts 1-2); close R to L, straighten body (ct 3). W use opp ftwk and direction.

6 Repeat meas 5.

7 Release hands and turn once individually in place with 3 steps (M turn CCW: L,R,L; W turn CW: R,L,R).

8 Repeat Fig I, meas 8.

B 9-16 Repeat meas 1-8 with opp ftwk and direction.

III. SIDE-STEP AND BOTH TURN

8 Join MR and WL hand, bend sdwd twd RLOD.

A 1 M step sdwd L, straighten body (ct 1); close R to L (ct 2); hold (ct 3). Swing joined hands between cpl, dipping down slightly (ct 1); swing hands up to orig level and sdwd to

*Continued...*

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R (cts 2-3). W use opp ftwk and direction.

2-3 Repeat meas 1 two more times.

4 With knees bent and body bent fwd, turn once individually in place with 3 steps (M turn CCW: L,R,L; W turn CW: R,L,R). M lead W into the turn (ct 1); release handhold and continue the turn, gradually straightening up (ct 2-3). Join ML and WR hand, bend sdwd twd LOD in preparation for next step (ct &).

5-7 Repeat meas 1-3 with opp ftwk, direction and hands.

8 Repeat Fig I, meas 8.

IV. BALANCE AND TRAVEL

B 1-4 Repeat Fig II, meas 1-4.

5-6 Hold joined MR and WL hands between cpl at chest level, elbows lifted, with WL hand and forearm resting on top of M's, extend joined ML and WR hands in RLOD with M hand on top of W's, palms down. Beg outside ft (ML, WR), step fwd in RLOD (ct 1); touch inside ft beside outside ft (ct 2); hold (ct 3); repeat beg inside ft.

7 Beg outside ft, move fwd in RLOD with 3 long steps.

8 Repeat Fig I, meas 8.

B 9-16 Repeat Fig IV with opp ftwk and direction.  
Repeat dance one more time.