

(Mah-zoor-ah Dla Ahn-na) (Mazur for Ann)  
(Poland)

**SOURCE:** Steps and styling as learned in 1974-75 while studying in Poland, from Jadwiga Hyreniewicz, Zbyszek Kwiatkowski, Janina Marcinkowa, Zbigniew Pienkowski, Celina Roznowska and Alina Wawrzyniak-Walczo, polish dance instructors and choreographers. Dance arranged by Glenn Weber.

**MUSIC:** Record MUZA XL 0203 "Pozegnanie Ojczyzny" Farewell to My Country, Side B, band I "Bialy Mazur" (White Mazur).

**FORMATION:** Cpls in a double circle facing LOD. MR, WL H joined, held straight fwd just below shldr level. ML, WR H flat on waist, fingers fwd.

**STEPS AND  
STYLING:**

Bieg Mazurowy (running mazur). Step described for M, W on opp ft. A very slight leap onto L ft reaching fwd (ct 1); step fwd R (ct 2) step fwd L (ct 3). Step is repeated with opp ftwk. This must be a smooth and flowing step.

Krok Posuwisty (sliding step). Step described for M, W on opp ft. Rise onto both toes (ct & of previous meas). Slide L fwd along floor bending L knee, straightening R leg behind (ct 1); continue sliding L fwd keeping R leg straight trailing behind (ct 2), hop L slightly fwd bringing R leg to L. Step is repeated with opp ftwk.

Byskawica Pierwsza (first lightning turn). On ct 1 swing M L arm over across W L, placing it into the small of W back, M R elbow held at shldr height. This means ptrs are now L shldr to L shldr. Dance four "bieg mazurowy" steps turning CCW.

Byskawica Druga (second lightning turn). Con ct 1, ML, WL H joined straight in front; M R H on W R waist. This means ptrs are now MR shldr to WL shldr. Dance four "bieg mazurowy" steps turning CCW, M bwd, W fwd.

Holupiec w Prawo (click step to the right). Hop L, click R heel to L in air with straight legs, moving R, landing on bent L knee (ct 1), reach and step to the R with R, both knees bent (ct 2), close L to R straightening legs (ct 3). Step is repeated with the same ftwk in the same direction.

Holupiec w Lewo (click step to the left). Same as "holupiec w prawo" with opp ftwk in opp direction.

Przytup. Used to end a phrase. Stamp L or R (ct 1); stamp R or L no wt (ct 2); hold (ct 3).

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## Pas Coupe Figure

- 1 One "holupiec w lewo" step
- 2 (Ct & of previous meas - Rise onto both toes). Slide L fwd along floor bending L knee, straightening R leg behind (ct 1); continue sliding L fwd keeping R leg straight trailing behind (ct 2); with R kick L straight out in front (ct 3).
- 3 Hop very slightly on R, swing L straight around to side (ct 1) continue swinging L around, turning 1/4 turn L (ct 2); step on L (ct 3)
- 4 Hop very slightly on L so R ft is off floor (ct 1); hold (ct 2), touch R toe (ct 3)

This step is also done with opp ftwk in opp direction.

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MUSIC: 3/4

PATTERN

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Meas

1-4 INTRODUCTION

FIGURE I

1-4 Start M L, W R dance four "bieg mazurowy" steps in LOD

5-12 Dance eight "krok posuwisty" steps in LOD

13-16 Dance four "bieg mazurowy" steps in LOD

FIGURE II

1-4 Dance four steps in "blyskawica pierwszy"

5-8 Dance four steps in "blyskawica druga". On the last step M & W turn to face LOD, W on M L, inside hands (ML, WR) joined.

9-12 Dance four "bieg mazurowy" steps in LOD

13-16 M stand in place leading W with four "bieg mazurowy" steps in front of M to MR side. Nod head at ptr on last ct.

FIGURE III

1-4 M - L hand on waist, step L twd ctr, R H raising above head (meas 1); leap onto R knee turning one complete turn CCW to end facing ptr, bending head down, R arm swinging straight behind (meas 2); raise head and arm (meas 3); continue to raise head and arm to fully erect pos (meas 4).

*Continued.*

- W - Hands open at side, dance four "bieg mazurowy" steps in LOD
- 5-8 M - Hold in pos. W - Repeat Fig III meas 1-4 in RLOD to ptr.
- 9-11 L hand on ptr waist, R arm raised at 45° angle; dance three "holupiec w prawo" steps turning in place.
- 12 "Przytup" R-L facing ptr, M back to ctr, hands flat on waist.
- 13-15 R hand on ptr waist, L arm raised at 45° angle; dance three "holupiec w lewo" steps turning in place.
- 16 "Przytup" L-R facing ptr, M back to ctr, hands flat on waist.

## INTERLUDE

- 1-2 Dance two "bieg mazurowy" steps to join hands in one circle, W on R of M.

## FIGURE IV

- 1-4 M - L hand on waist, stand in place, leading ptr in front to M L (meas 1-2); both hands flat on waist, turn one complete turn L with two "bieg mazurowy" steps (meas 3-4)
- W - R hand open at side, dance four "bieg mazurowy" steps to ptr L side, turning one complete turn CCW on meas 4 (meas 1-4)
- 5-8 Repeat Fig IV meas 1-4 with new ptr. M end facing out.
- 9-12 M - Dance Pas Coupe Figure to R, ending behind original ptr.
- W - Dance four "bieg mazurowy" steps twd ctr of circle. on meas 12 ct 1 bend from waist swinging R arm up over head and down in front.
- 13-16 M - Dance one "bieg mazurowy" step lunging twd ctr of circle, bending at waist, original ptr on L, raising both arms behind up and over head and down in front (meas 13); one "bieg mazurowy" step bwd straightening body, raising arms straight above head (meas 14); two "bieg mazurowy" steps bwd bringing arms open at side (meas 15-16).
- W - Dance one "bieg mazurowy" step bwd straightening body, raising arms straight above head (meas 13); one "bieg mazurowy" step lunging twd ctr of circle bending at waist, original ptr on R, arms swinging down and in from back (meas 14); two "bieg mazurowy" steps bwd straightening

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body, bringing arms open at side (meas 15-16).

## FIGURE V

1-8 Repeat Fig IV meas 1-8 reversing hands and directions.  
M end facing ctr, W end facing out of circle.

9-12 M - Repeat Part IV meas 9-12

W - Dance two "bieg mazurowy" steps fwd away from ctr of circle (meas 9-10); one "bieg mazurowy" step lunging fwd bending at waist, both arms swinging behind, up over head and down in front (meas 11); one "bieg mazurowy" in place straightening body bringing arms open at side, ending facing LOD (meas 12).

13-16 Dance four "bieg mazurowy" steps in LOD.

## FIGURE VI

1-4 M - Stand in place, leading ptr around in front and back to R side.

W - Dance four "bieg Mazurowy" steps making a large CCW circle in front of ptr passing under joined arms to end on M R side.

5-8 Join L hands in front, M R hand straight up behind ptr. Dance one "bieg mazurowy" step bwd in place (meas 5); three "bieg mazurowy" steps with ptr turning one complete turn CCW, M bwd, W fwd (meas 6-8).

9-16 Join M R, W L hands. Eight "bieg mazurowy" steps in LOD

## INTERLUDE

1-4 M - Dance one "holupiec w lewo", two "krok posuwisty" one "holupiec w lewo".

W - Dance one "holupiec w prawo", two "krok posuwisty", one "holupiec w prawo".

## FIGURE VII

1-16 Repeat Fig I meas 1-16

## FIGURE VIII

1-16 Repeat Fig II meas 1-16

## FIGURE IX Kare Figure

1-4 M - Repeat Fig III meas 1-4

W - Dance four "bieg mazurowy" steps making one turn CW.

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- 5-8 Join M R, W L hands  
 M - Repeat Fig III meas 5-8  
 W - Dance four "bieg mazurowy" steps CCW around ptr.
- 9 One "krok posuwisty" step fwd passing L shldr with ptr.  
 M and W starting slide on R ft.
- 10 Hands flat on waist fingers fwd. One "holupiec w lewo"  
 step passing back to back with ptr.
- 11 Turn 1 1/4 turn to R with three steps starting R ft,  
 passing R shldr. End L shldr to L shldr M facing RLOD,  
 W facing LOD
- 12 Stamp L ft, R arm straight up (ct 1), hold (ct 2-3).
- 13-16 Dance four "bieg mazurowy" steps in LOD.
- INTERLUDE
- 1-2 Dance two "bieg mazurowy" steps to end face to face with  
 ptr.
- FIGURE X
- 1-4 One pas coupe Figure to M L, W R.
- 5 M - One "holupiec w prawo" step  
 W - One "holupiec w lewo" step
- 6 One "krok posuwisty" step in LOD, side by side with ptr.
- 7-8 Two "bieg mazurowy" steps making 3/4 turn to M L, W R  
 ending facing ptr.
- 9-12 M - L hands on waist, step fwd L, R hand raising above  
 head (meas 9); leap onto R knee bending head down, R arm  
 swing straight behind (meas 10); raise head and arm (meas  
 11); continue to raise head and arm to fully erect pos.  
 (meas 12).  
 W - Repeat Fig IX meas 1-4.
- 13-16 Repeat Fig IX meas 5-8
- FIGURE XI
- 1-8 Repeat Fig II meas 1-8
- 9-12 M - Four "bieg mazurowy" steps RLOD around the circle  
 W - Four "bieg mazurowy" steps twd ctr of circle

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13-15 Dance three "holupiec w prawo" step back to place.

16 "Przytup" R - L.

## FIGURE XII

1-8 Eight "bieg mazurowy" steps in LOD

9-12 Keeping M R, W L hands joined, M dance four "bieg mazurowy" steps in place. W dance four "bieg mazurowy" steps rolling up into joined arms, keeping R arm on top of L.

13-14 Two "bieg mazurowy" steps turning CW; M fwd, W bwd; with M L and W R hands joined.

15 Unroll W.

16 M - Leap onto R knee (ct 1), raise R arm to fully erect pos, looking at ptr (ct 2); hold (ct 3).

W - Slight bend of knees (ct.1); straighten knees raising R arm up to side, looking at ptr (ct 2); hold (ct 3).

Presented by Glenn Weber  
Idyllwild Weekend - 1976