

Record
POD BOREM Target Tuesday
inspiration
Pod borem - Krakow

POD BOREM (Near The Forest)
Couple dance from the region of Radom - Poland

TIME: 2/4 Tempo- Moderato

MUSIC: XL 0141, side two, band 4

STARTING POSITION: Circle of Couples in "shoulder-waist" position. M facing LOD.

INTRODUCTION: 7 measures of 2/4

PART A. Measures 1-6

1-2 Two heel-like clicks to man's R (W. L) and three stamps on the spot.

Ct.	1	2	3	and	4
	heel-click,	heel-click,	stamp,	stamp,	stamp.
M	R	R	R	R	R
W	L	L	L	L	L

3-4 As 1-2 with opposite footwork and direction.

5-6 Couple takes 3/4 of a CW turn with 4 steps on the spot.

PART B. Measures 7-14 (Circle of couples in "shoulder-waist" position M facing center).

5-6 Cple take 3 sliding steps LOD, sideways to M R (W L) stopping on Ct. 4.

7-8 As 5-6. in reverse.

9-14 With 8 steps cple takes two CW turns on the spot (pivot).

BRIDGE MEASURES 1-2

With double "three-stamps", cple turn on the spot CW, to take original Position as at the beginning of the dance.

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