

## Polka-Mazur from Opoczno a.k.a. Trablanka (Progressive)

(Poland)



The Polka-Mazur finds its roots in the town and surrounding areas of Opoczno and was danced by couples at wedding celebrations and family events. In the 1950's the dance was adapted and popularized by the Polish State Folk Ballet "Mazowsze," and this stylized-version was named "Trablanka" (trahm-BLAHN-kah). So popular was this new version that it was adopted by the local folk ensembles from the Opoczno region. It is a light and happy dance and this version gives the dancers a chance to change partners and share in the fun.

Pronunciation: POH-kah MAH-zoor

Music: *Folk Dances from Poland, Vol. 5, Band 2.* 3/4 meter

Formation: Circle of couples holding in promenade pos facing LOD.

Steps: **Running step:** (1 meas) 3 small, equal-in-distance, running steps (cts 1,2,3). The steps are light and bouncy and each step is preceded by a small lift of the knee in front of the body. These steps can be done fwd, bkwd, in place, and while turning CW or CCW.

**Mazurka step:** Done sideways, this step is based on the Hołubiec step of the national dance, Mazur (see description below from Richard Schmidt's Mazur Royale 2005).

Hołubiec to the left (Not used in this dance): Also known as "coup de talon" or "heel click" this step is always done sideways in the LOD:

ct 1: Low hop on R while clicking L heel (toes pointed downward) to R heel in the air and landing on R. ct 2: Elongated step sdwd on L keeping L leg straight and extending R leg behind. ct 3: Bring R next to L and switch wt to R. Can also be done with opp ftwk.

Although similar, it is not the same and the two should not be confused with each other as the steps on the cts are not in the same order.

ct 1: Elongated step sdwd with L keeping L leg straight close to floor (sliding motion), bending body slightly at waist to L.

ct 2: Bring R next to L and switch wt to R, straightening body at the same time.

ct 3: Low hop on R, bringing L ft close to R ft. This feels like an hołubiec but is much softer (no clicking of heels).

**Polka step:** This step can also be done fwd, bkwd, and while turning CW or CCW. One meas equals ½ revolution.

## Polka-Mazur from Opoczno--continued

M's step (with ptr: Facing LOD,

ct 1: Begin turning CW by stepping firmly fwd and out with flat R ft, kicking L leg back.

ct 2: Continue turning while making a small hop on ball of R ft, L leg remaining back behind.

ct 3: Repeat ct 2.

Continue turning CW with opp ftwk.

W's step (with ptr): Facing RLOD,

ct 1: Begin turning CW by stepping firmly bkwd and out with flat L ft, kicking R leg back.

ct 2: Continue turning while making a small hop on ball of L ft, bent R leg remaining behind.

ct 3: Repeat ct 2.

Continue turning CW with opp ftwk.

Styling: Light and bouncy dance. Dancers should keep upright posture.

Hands: Promenade Hold: Ptrs dance side-by-side with the W on M's R. M makes a fist with R hand and places it on his R waist. W places her L bent arm through this opening. The outside free arms (M's L and W's R) are bent at the elbow 90 degrees and hands are made into fists with the thumb sticking straight up. The forearm is parallel to the floor. With each ct, the free arm moves rhythmically sdwd from shldr. The first movement is twd ptr and is done in a playful manner in which ptrs pretend to try to knock fists (not necessary to do so). The next movement is achieved by swinging the elbow away from the body (ct 2), and so on ....

Closed Social-Dance position: Ptrs stand facing each other as in social dancing pos, with extended arms remaining parallel to the floor.

Individual: When dancing alone, make fists with hands and put them on waist.

MeasPattern

4 meas INTRODUCTION. With W at M's R, cpls stand in one circle in Promenade pos, facing LOD with M standing closest to ctr. Keep wt on inside ft (M R / W L).

I. FIGURE I

- 1-4 Beg with outside ft (M's L / W's R) make 4 Running steps fwd in LOD. Use movements of the free arm (as described in Hands) at the same time. There will be a total of 12 individual little steps (4 meas X 3 steps per meas), ending with a step and wt on inside ft (M with L / W with R).
- 5 While making a ¼ turn twd ptr to face ptr and switching holds to Closed Social-Dance pos with M back to ctr of circle. In LOD, execute one Mazurka step (M L / W R).
- 6 Remain in Closed Social-Dance pos and as a cpl make ½ turn CW moving in LOD with one Running step (M L,R,L / W R,L,R).

## Polka-Mazur from Opoczno--continued

- 7 Dance 1 Mazurka step (M R / W L). Do not switch holds.
- 8 Remain in Closed Social-Dance pos and as a cpl make a 1/2 turn CW moving LOD by taking one Running step (M R,L,R / W L,R,L).
- 9-10 In Closed Social-Dance pos moving in LOD, take 2 Mazurka steps.
- 11-12 Switch to Individual Hold and take 2 Running steps away from ptr following L elbow, and back together (see diagram) to end with M facing LOD and W facing RLOD. Switch to Closed Social-Dance pos on last ct. M should stamp R ft on last ct but leave wt on L in preparation for next Fig.

II. FIGURE II

- 1-4 In Closed Social-Dance pos moving LOD (M fwd with R / W bkwd with L), make 4 Polka steps turning CW (2 revolutions). End with M facing LOD.
- 5 In Closed Social-Dance pos take 1 Mazurka step twd the outside of circle (M R / W L).
- 6 Release ptr and assume Individual pos and make 1 Running step turning 1 full revolution in place away from ptr (M CW R,L,R / W CCW L,R,L). End facing ptr.
- 7 Return to Closed Social-Dance pos, take 1 Mazurka step twd ctr of circle (M L / W R).
- 8 Release ptr and assume Individual pos and make 1 running step turning 3/4 revolution in place away from ptr. (M CCW L,R,L / W CW R,L,R). End facing ctr of circle with W at M's R.
- 9-10 In Promenade pos take 2 Running steps (beg outside ft) in place while making a 3/4 revolution as a cpl CCW. M travel bkwd while W travel fwd.
- 11-12 In Individual pos, facing LOD take 2 Running steps to meet new ptr—M continue bkwd in RLOD, W travel fwd in LOD.

SEQUENCE: The dance runs 4 times through, beg with Introduction music and then Fig I, Fig II, Fig I, Fig II ....

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