

POLONEZ LUDOWY

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Formation: Couples side by side facing CCW. An even number of couples is required. Inside hands are joined; lady holds her skirt or a lacy handkerchief in her free hand. Man puts his free hand into his belt.

Fig. 1 A: 8 Polonez steps in LOD. Men switch from right hand hold with partner to left hand hold. The freed hand moves in an arch over the man's head and is extended behind the lady's head.

1 B: 2 Polonez steps in LOD, 2 Polonez steps while moving through a small circle CCW. REPEAT Fig. 1 B. At the end of this figure the two couples join hands and form a line to face the center of the circle.

Fig. 2: In lines of 2 couples - advance toward the center with 4 Polonez steps, and then retire to place with four more Polonez steps.

Fig. 3 A: Resume left hand hold with partner. The 2 couples move around each other, men passing back to back forming a left-hand star. After four Polonez steps, men dance in place to allow ladies to move ahead to form a symmetrical star with 4 additional Polonez steps. (This entire figure take 8 steps).

B: Left-handed star moves counterclockwise with 2 Polonez steps. The free arms move up over the head and down again in a graceful arch. Release left hand. With 2 more Polonez steps walk a small clockwise circle around yourself and rejoin left hands with your partner. REPEAT Part B of Fig. 3.

Fig. 4 A: End the previous figure in such a way that each of the four dancers stand on a corner of a square, but all face the center.

Men: Balance to right - right arm extended, left hand on hip.
Balance to Left - left arm extended and right hand on hip.
Step backward, close feet together and rise on balls of feet.
Arms open to sides with palms up.
Step forward, close feet together and rise on balls of both feet. Place both hands on hips.

Ladies: Join hands with opposite lady and balance forward and back while looking through the arch of the joined arms. Still maintaining hand hold, walk into each other's place offering free hand to opposite man who takes it in his left hand and together they describe a small circle counterclockwise with three steps. (This sequence takes seven steps). REPEAT: Cross over and turn.

4 B: Face opposite person. Join right hands and balance forward and back: walk past each other and face your own partner. You are now in the opposite place from where you started. REPEAT Part B until you are back on your own side. End the figure so that the man of the left couple faces the woman of the right couple. The respective partners stand behind them.

Fig. 5 The four people dance a figure eight with 8 Polonez steps ending the figure by facing the center of the large circle (in a row of 4 people)

Fig. 6 A: Advance and retreat from the center with two Polonez steps, each way.

B: Center couple makes an arch. Outside couple pass through the arch (ladies go first). Release arch, and resume left hand hold with partner. Couples fall in behind one another and exit to remaining music. *

NOTE: An alternate and preferred ending is:
4 Polonez steps to center
2 Polonez steps out
& go into Part 1 for exit.