

~~OP~~  
POLONEZ ~~FROM~~ BESKID  
(Poland)

**Source:** This Polonaise pattern comes from the area of the Beskid Mountains. It was shown to Anatol Joukowsky by Anastacia Wojchek, a dancer with the Polish State Folk Ballet ("Śląsk").

**Music:** Records: Bruno BR 50136 Side B, Band 2 "Polish Accordion in Hi-Fi"  
MGM Side 1, Band 1 "Vienna Opera Ball"

Any evenly phrased Polonaise.

**Formation:** Form a circle of sets of three, 1 M between 2 W. All join hands with arms comfortably outstretched. Release hands between trios and each trio turn to face LOD. M stand a little back of W, with joined hands extended fwd. Arms are parallel to floor. W outside hands hold skirts. Whenever hands are free W hold skirts.

**Steps:** Basic Step: Step fwd R (ct 1). Step fwd L (ct 2). Step fwd R, bending R knee and extending L ft fwd (ct 3). Next step would start fwd with L.

Measures

3/4

Pattern

FIGURE I

- 1-4 Beg R, dance 4 Basic Steps in LOD.  
5 With 1 Basic Step, beg R, wheel trio 1/4 turn CCW to face ctr.  
6 Beg L, dance 1 Basic Step twd ctr.  
7 Beg R, dance 1 Basic Step in place as M leads W twd each other so W face M with W back to ctr.  
8 Releasing hands, M bows from waist to W. W join near hands and curtsy to M, L ft going behind. Dancers are now in 2 concentric circles, W on inside facing out and M on outside facing ctr.  
9-12 Both circles move to own L. Dance 4 Basic Steps beg R. W keep near hands joined and free hand holding skirts. M put R hand at small of back, palm out and extend L hand diag L fwd. Don't count original ptr and end facing 4th set of W or 4th M.  
13 M cross R hand over L and take W hands that were joined. All dance 1 Basic Step as M turns 1/2 turn R under joined hands to face out of ctr. Trios are now in pos as in meas 1 but with backs to ctr.  
14-15 Beg L, dance 2 Basic Steps moving away from ctr.  
16 With 1 Basic Step, beg L, M wheel set 1/4 turn CCW so M and R W are facing LOD. L W continue 1/2 turn more in place so as to face RLOD but still on the L side of M (L shoulders will be adjacent). M and L W release hands. M and R W change hands so M L and W L are joined. W hold skirts with free hands and M put R at small of his back

*continued...*

## FIGURE II

- 1-8 M and R W dance 3 Basic Steps, beg R, in LOD. On meas 4 (1 Basic Step) M place R hand at R W waist and wheel 1/2 turn CCW to face RLOD. Dance 3 Basic Steps in RLOD. On meas 8 M lead R W to cross in front and end on outside of circle. As R W crosses over, M turn 1/2 turn CW (R) to face LOD. L W should now be standing at M L, both facing LOD. L W dance 4 Basic Steps, beg R, in RLOD. Turn R on ct 3, meas 4 to face LOD. Return to place with 4 Basic Steps. All L W are moving in an inside circle CW (4 meas) and CCW (4 meas).
- 9-16 M join R hands with L W. M now promenades with L W as R W moves in an outer circle. M and LW dance 3 Basic Steps, beg R, in LOD. On meas 12 (1 Basic Step) M wheel with L W 1/2 turn CW to face RLOD. Dance 3 Basic Steps in RLOD. On meas 16 M wheel with L W 1/2 turn CW to face LOD. R W should now be at M R side. R W dance 4 Basic Steps, beg R, in RLOD. Turn R on ct 3, meas 12 to face LOD. Return to place on 4 Basic Steps. All R W are moving in an outside circle CW (4 meas) and CCW (4 meas).  
Change to original hand pos of Fig I and repeat dance from beginning.

Presented by Anatol Joukowsky  
Notes by Ruth Ruling