

POLONEZ ^{OD} ~~FROM~~ BESKID
(Poland)

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

Records: Mazowze Dance Co. Vol. 1, Monitor Rec. # MF360
Side 1 Band 1. Polonez Warszawski
Bruno Recording 50071, Side B, Band 8, Polonez Warszawski

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.

MEAS
3/4 meter

PATTERN

- FIG 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 twds 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 taking weight. 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 her hands joined and free hand holding skirts. Orig L W L hand on top. M put R hand at small of back, palm out and extend L hand diag L fwd. Don't count orig 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.

Continued...

FIG 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 circle. As R W crosses over, M turn 1/2 turn CW (L) to face LOD.
- (1-8) During above action L W are moving in an inside circle CW (4 meas) and CCW (4 meas). (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.) L W should now be standing at M L, both facing LOD.
- 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 L W 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.
- (9-16) During above action all R W are moving in an outside circle CW (4 meas) and CCW (4 meas). R W dance 4 Basic Steps beg R, in RLOD. Turn R on Ct 3, meas 12 to face LOD. R W should now be at M R side. Return to place on 4 Basic Steps.

Change to original hand pos of FIG I and repeat dance from beginning.

Presented by Eugene R. Ciejka