

DISC - CRIPTIONS

POWOLNIAK
(Poland)

PRONUNCIATION: POH-VOHL-nyahk.

TRANSLATION: "A slow dance" (misnomer).

RECORD: RPC "Tance Ludowe Z Polski, Vol. 2" (Folk Dances From Poland), ZM-46729, Side II, Band 3. (33 1/3 rpm).

SOURCE: Learned from Ada and Jas Dziewanowski in Chicago, November 1978.

RHYTHM: 2/4.

FORMATION: Couples facing LOD (CCW) around the room in open ballroom position, W on M's R side. M's R arm around ptr, L fist on hip; W's L hand on ptr's R shoulder, L hand holding skirt out to side. Note: outside hands may also be joined at waist level with slightly bent elbows.

STEPS: Flat Polka: Step fwd on L ft (ct 1), close R ft next to L ft (ct 2). Step fwd on L ft (Meas 2, ct 1), hold, beginning to bring R ft fwd (Meas 2, ct 2). Next "Flat Polka" step begins on R ft.

Powolniak Turning Step (takes 1 1/2 Meas to complete): Man's step: Step fwd on R ft, starting to turn CW (Meas 1, ct 1), step bkwd on L ft, continuing CW turn (Meas 1, ct 2), touch toes of R ft far in back of L ft, completing the full CW turn (Meas 2, ct 1). The next "Powolniak Turning Step" is identical except that it begins on Meas 2, ct 2 and continues through Meas 3, cts 1-2. Woman's step: Step bkwd on L ft, starting to turn CW (Meas 1, ct 1), touch toes of R ft far in back of L ft, continuing CW turn (Meas 1, ct 2), step fwd on R ft, completing the full CW turn (Meas 2, ct 1). The next "Powolniak Turning Step" is identical except that it begins on Meas 2, ct 2 and continues through Meas 3, cts 1-2. Note: if the heel of the ft taking the first step is turned to the L in preparation for stepping on that ft, it facilitates getting all the way around for a full CW turn on basically only two steps (and a touch).

CUES (Powolniak Turning Step): M: R - L - Touch (R).
W: L - Touch (R) - R.

PATTERN

Meas 4 Measure Introduction

FIGURE I (PROMENADE)

- 1-11 Bending knees slightly throughout and moving in LOD (CCW), dance 11 "Flat Polka" steps, beginning on outside ft (M's L, W's R). These steps should be fairly small and done smoothly so that there is no up-down motion.
- 12 Stamp ft twice (M: R-L; W: L-R) thus turning to face ptr and taking closed ballroom position, with joined hands extended straight out to sides at shoulder height.

FIGURE II (TURNING)

- 1-12 Dance a "Powolniak Turning Step", turning a 3/4 CW turn so that M faces LOD and W faces RLOD (Meas 1, cts 1-2 & Meas 2, ct 1). Then, moving in LOD and continuing CW turns, dance 7 more "Powolniak Turning Steps" with one complete turn for each 1 1/2 Meas.

(CONTINUED)

(POWOLNIAK continued)

13-16 Take 1 more "Powolniak Turning Step" (Meas 13, cts 1-2 & Meas 14, ct 1), then, taking 5 walking steps moving slightly in LOD (M begins on R ft; W begins on L ft), M helps ptr make 1 or 2 CW turns under their joined outside hands (M's L; W's R), at the end of which ptrs return to position described in "Formation" to start the dance again.

NOTE: Fig II consists of 9 "Powolniak Turning Steps" followed by 5 walking steps.

Repeat the entire dance from the beginning 5 more times.

ADDITIONAL NOTES:

Although they described and demonstrated several variations to these figures, the above description fits the pattern taught by the Dziewanowskis.

Unless dancers make a full CW turn for each "Powolniak Turning Step", they will spiral in twd the ctr of the floor. To facilitate a complete revolution it is necessary to bend knees slightly and keep your own R ft between ptr's feet.

As with most turning and pivoting dances, especially those where ptrs are dancing different steps at the same time (i. e., Bak Mas, Hambo, Rórospols, Snurrebocken, Sønderhoning, etc.), a considerable amount of practice will be necessary before Powolniak feels smooth and comfortable.

It is imperative that the toes of the R ft touch the floor at some distance behind the L ft while dancing the "Powolniak Turning Step" (W's ct 2; M's ct 3), rather than the ball of the ft touching next to the ft bearing the wt as in some of the Scandinavian dances.

As Taught At International House Of the University
Of Chicago By Frank Alsberg, November 1978

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