

(Poh-vul'-ni from Radziejowo)

- SOURCE: A Polish National Dance; one of the forms of polonez.
- MUSIC: Record: BRUNO HI-FI, BR 50137, Side B, Band 1. 3/4 meter.
- STARTING POSITION: Circle of cpls facing LOD with inside hands joined fwds; free hands on hips.
- STEPS: Polonaise Step:  
One Polonaise step requires one meas of music (3 beats) & 3 changes of wt. Ct 1: the knee above the weighted ft is bent. The knee of the free leg is straight as the extended toe reaches fwd, close to the floor. The fwd part of the ft touches the floor first, the heel last. Ct. 2: a normal walking step except that again, the fwd part of the ft touches the floor first, & then the full ft. Ct. 3: Another walking step as described for ct 2. The step is very smooth & the torso remains erect & elegant thruout.

Music: 3/4

## PATTERN

Meas

PART A: (measures 1-16)

- 1-4 4 polonez-steps in LOD, M start with R ft, W with L ft (4 promenade).
- 5 One polonez-step in LOD.
- 6 One long side-step, close & stamp. M to his L, W to her R, away from each other. (Keep hands joined).
- |     |           |       |       |
|-----|-----------|-------|-------|
| Ct. | 1         | 2     | 3     |
|     | side-step | close | stamp |
| M   | L         | R     | L     |
| W   | R         | L     | R     |
- 7 One polonez-step in LOD getting again tog as in Meas 1-4.
- 8 3 stamps in place.
- |     |       |       |       |
|-----|-------|-------|-------|
| Ct. | 1     | 2     | 3     |
|     | stamp | stamp | stamp |
| M   | L     | R     | L     |
| W   | R     | L     | R     |
- 9-16 Repeat Meas 1-8.
- PART B: (measures 1-8 (17-24)).
- 1-3 3 polonez-steps LOD.
- 4 With one polonez-step, M turn CCW on-the-spot, W turn CW.
- 5-8 Cpl circles CCW, 2 times around, hands joined & arms rounded (circle with your own) with 4 polonez-steps.

*continued...*

BRIDGE: (measure 1 (25))

- 1 With M's R hand & W's L hand joined & extended fwd; outside hand on hips; every 2nd cpl takes 1/2 turn on-the-spot with 3 walking steps to face RLOD. Other cpls: one full turn on-the-spot, each ptr solo, hands on hips, finishing face to face LOD again.

PART C: (measures 1-8 (26-33))

- 1 With one polonez-step, cpls facing LOD move fwd, forming an arch, while cpls facing RLOD also with one polonez-step progress RLOD under the arch.
- 2 Cpls con't with one polonez-step but LOD cpls under the arch of RLOD cpls.
- 3-8 Repeat Meas 1-2 three more times.

PART D: (measures 1-8 (34-41))

- 1-2 Cpls facing LOD take two side-steps, close, heel-stamp to their L (to ctr of the circle).

Ct.	1	2	3	1	2	3
	side-step	close	heel-stamp	side-step	close	heel-stamp
M	L	R	L	L	R	L
W	L	R	L	L	R	L

Cpls facing RLOD take 2 side-steps; close; heel-stamp to their L (away from ctr of circle).

- 3 Everyone turn on-the-spot (solo) with hands on hips & finish the turn as follows: outside circle (so-called RLOD cpls) to face ctr of circle; inside cpls (so-called LOD cpls) to face away from ctr. Outside cpls are facing inside cpls.
- 4 Bow your ptr.
- 5 Cpls change place with one polonez-step while: facing ctr cpls, progress under arch of cpls facing away from ctr.
- 6 Take 1/2 turn on-the-spot (solo); hands on hips.
- 7 As in Meas 5.
- 8 Cpls of the outside circle turn on-the-spot 1/4 to their R to face LOD; cpls of the inside circle turn on-the-spot 1/4 to their L to face RLOD (W must be on the R side of M.)

PART E: (measures 1-16 (42-57))

- 1-16 Repeat ftwk as Meas 1-16, PART A, just in this 2-circle formation.

*continued...*

PART F: (measures 1-16 (58-73))

- 1-3 Joined hands in circles, facing ctr & with 3 polonez-steps, outside circle progress CCW (LOD) starting with R ft while inside circle move CW (RLOD) starting L ft.
- 4 Take one side-step; close; heel-stamp, as follows: outside circle starting with L ft, inside circle starting with R ft; both circles face ctr.
- 5-8 Repeat 1-4 with opp ftwk & direction.
- 9 All one polonez-step to ctr of circle.
- 10 All one polonez-step away from ctr of circle (bkwds).
- 11 All turn solo on-the-spot, (hands on hips) with 3 walking steps.
- 12 Bow your ptr.
- 13-16 "Circle with your own" as Meas 5-8, PART B.

PART G: (measures 1-8 (74-81))

- 1-4 R elbow hook, turning 2 around, with 4 polonez-steps. L arms & fingers are extended in an oblique straight line, upwd & sdwd with palm up.
- 5-6 Join hands in circles & progress twd ctr with 2 polonez-steps raising arms up.
- 7 Hold this position.
- 8 Put joined hands down & take a bow.

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