

PRZEWORSKA

Pronounced: psheh-vor-ska

Polish couple dance from Rzeszów region

Record: Folk Dancer MH Series 4002; Music by Stanisław Szabat's Folk Orchestra from Rzeszów.

Przeworska

NOTE: The "A" music is slow, the "B" music is fast.

Formation: Couples in a single circle, M facing CCW, Lady facing CW. Man has his R arm around Lady's waist. Lady has L hand on his R shoulder. Inside hands hang straight down loosely.

PART I (Music "A")

Move toward center, M starts on Lft, Lady on Rft, sideways:

- ct. 1: Step on inside foot to center.
  - " 2: Cross and step on other foot in front of it.
  - " 3: Do a slight stamp on inside foot to center again.
  - " 4: Do a slight bounce on inside foot; the free foot is straight out to side; body leans toward center at this point.
- (CUE WORDS: Step, cross in front, step (stamp), bounce.)  
 Repeat in other direction starting on other foot (M's R, Lady's L). Now the body will lean away from center. Continue in this manner, towards center and away from center 7 times, and the 8th time finish with 2 stamps (M: RL, Lady: LR).

PART II (Music "B")

M places Lady's R hand on his L hip and holds it there with his L hand. Don't drop hands held in Part I. In this position dances will move around the ring with deep bent knees in a sort of pivot; the basic step for Part II:

<u>Lady</u>	Walk	Walk	Walk	Walk	Step-Together
Counts	1	2	3	4	5-and
Foot	L	R	L	R	L-R
Rhythm	S	S	S	S	Q-Q

<u>Man</u>	Walk	Walk	Walk	Walk	Step-Together
Counts	1	2	3	4	5-and
Foot	R	L	R	L	R-L
Rhythm	S	S	S	S	Q-Q

Counts "5-and" are a "quick-quick" step-together. Knees are deeply bent during counts 1,2,3,4,5. On ct. "and" knees straighten so body rises sharply.

This basic step is done facing partner in the position described above, as a sort of pivot-turn around the ring. Both must dance cts. 1,2,3,4,5 with very bent knees. In fact, the Lady straddles the M's R knee. M starts his basic step with Rft, Lady starts with Lft. Make a 1/2 turn for each walking step, and on cts. "5-and" finish so that M is facing line of direction.

The basic pivot step is done 6 times; for the 7th one take one step (M: Rft, Lady: Lft), then jump onto both feet.

REPEAT DANCE FROM THE BEGINNING.

Dance researched by Ada Dziewanowska, Polish dance authority, who presented it at Maine Folk Dance Camp, 1970-1971. Please do not reproduce without her permission.