

Sarna from Żywiec

(Poland)



Sarna is a dance done by the Żywiec “gorale” (mountaineers) from the Beskid Mountains. As is typical of all the mountain regions of Poland, much of the traditional music has been brought into the 21st century and kept very much alive by a whole new generation of Poles. The accompanying lyrics are also traditional and have been passed down through the generations. “Sarna” translates into “roe-deer” and as the first line indicates “Hej przez żywiecki pola leci sarna” – “Hey through the fields of Zywiec, the deer are running”, the movements of the dance mimic the movements of a deer running across the field.

Pronunciation: SAHR-nah from ZHEE-vee-ehts

Music: *Folk Dances from Poland, Vol. 5, Band 4.*

2/4 meter

Formation: Dancers in one circle facing LOD with hands on hips and ft together.

Steps: Running step: In preparation of the first step elevate body by straightening L leg onto toes of L ft on last ct of introductory music. Small leap fwd onto R flat ft (heel slightly off floor) (ct 1); small flat step fwd on L placing it slightly ahead of R (ct &); small flat step fwd on R slightly ahead of L (ct 2). Keep R ft on floor and elevate the body up onto the toes in preparation for next step. Same step is also done with opp ftwk and can be done either fwd or bkwd.

Trotting step: Exactly as the name describes, the movement should imitate a trot similar to a horse. 2 trotting steps per meas. Leap fwd onto R flat ft with heel slightly off floor while lifting L knee up and pointing toes of L ft twd floor (ct 1); pause (ct &); repeat cts 1,& with opp ftwk (cts 2,&).

Walking step: 2 meas. Starting with both ft side-by-side, turn body with ft on floor ¼ CW and take a flat step fwd on R (ct 1); shift wt onto R and bring L leg fwd (ct &); flat step fwd on L (ct 2); shift wt onto L ft and bring R leg fwd (ct &). Flat step on R, turning ¼ CCW (ct 1); bring L ft alongside R while continuing rotation another ¼ turn CCW so whole body is now facing in opp dir (ct &); pause (cts 2,&). Repeat with opp ftwk and direction except that when bringing R alongside L, do not continue rotation but finish in starting pos.

Hopping step: 4 meas. While keeping both ft together, take a large leap to on R to R (cts 1,&,2,&); repeat to L (cts 1,&,2,&). Repeat preceding steps but in one meas – R (cts 1,&); L (cts 2,&). Take a small hop back to the R to land back in starting pos (cts 1,&); jump straight up with knees bent back (ct 2); land in place (ct &).

Sarna from Zywiec—continued

Circle flat step: One step per meas. Start with ft together pointed twds the ctr of the circle. The circle travels CW (RLOD) only in this version of the dance. It is however worth noting that this can be done in the opp dir with the opp ftwk. With wt L, step fwd in RLOD crossing flat R ft in front and past L leg, while L is elevated onto ball of ft (ct 1); leaving L ft on ball of ft, step on L in RLOD approx 1 ft past R (ct &).

Circle skip step: Same as Circle flat step except that a skip is done with R ft on the & cts and moving faster.

Styling: Although a modern beat has been added, the styling is still taken from the mountain regions of Poland, where dancers are very light on their ft and emphasis is on ftwk.

Individual: Hands are placed on hips fingers kept together at front and thumb extended around waist pointing bkwd.

Closed Circle: All join hands in basket formation in front of body with L arm on top.

Meas

Pattern

2 meas

INTRODUCTION. Dancers in one circle facing LOD with hands on hips and ft together. Wait (meas 1 and meas 2, cts 1,&,2); put wt on L and stand on ball of ft (ct &).

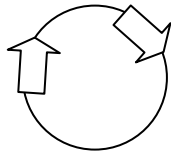
I. RUNNING FIGURE

1-4

Facing LOD beg with R take 4 Running steps fwd.

5-8

Beg with R, take 8 Trotting steps going out of circle in an individual pattern and back in ending facing in.



II. ZIGZAG FIGURE

1-4

In LOD, Walking step R and L.

5-8

Hopping step,

9-12

While repeating meas 1- 4, shrink circle by moving in zigzag motion twd ctr.

13-14

Repeat meas 5- 6 (first half of Hopping step).

15-16

Take 2 Running steps (R,L,R,L) twd ctr and extending arms in front of body in anticipation of changing hand pos to Closed Circle pos.

Sarna from Zywiec—continued

III. BASKET FIGURE

- 1-8 8 Circle flat steps in RLOD in Closed Circle pos.
 9-16 8 Circle skip steps in LOD in Closed Circle pos.

IV. EXPANSION FIGURE

- 1-8 Remain in Closed Circle pos and do Fig II, meas 1-4.
 5-6 2 Running steps bkwd to expand circle back out to original size.
 7-8 2 more Running steps to rotate CW 1 ¼ turn to end facing LOD.

Repeat Figs I, II, III, and IV two more times. Total dance is done 3 times through.

. LAST TIME

At end of third sequence, on Fig IV, meas 8, rotate CW 1 turn to finish facing ctr of circle. An extra 3 beats in the music emphasize end of dance—make 3 stomping steps R,L,R with flat ft in place.

Polish Song words

Hej przez zywiecki pola leci sarna
 Hej nóskami przebiero boby zarła
 Jo by tes tak przebierała kiebyk taki nórski miała
 Hej jak ta sarna jak ta sarna

Hej przez zywiecki pola leci zając
 Hej wesoło łogonkiem pomyrdając
 Jo by tes tak pomyrdała kiebyk taki łogon miała
 Hej jak tyn zając jak tyn zając

Hej przez zywiecki pola leci sarna
 Hej dumno swej urody łeb zadarła
 Jo by tes tak zadzierała kiebyk tej urode miała
 Hej jak ta sarna jak ta sarna

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