

SKOCZEK (sko-check)
"Hopping Dance"

Idylbald
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SOURCE: Polish Couple dance from the province of Kujawy.

MUSIC: Record; BRUNO Hi-Fi BR 50150, Side A, Band 2.
2/4 time, fast tempo.

STARTING POSITION: Joining R hands with ptrs and L hands with L neighbors
(W with L M neighbors, M with L W neighbors), form a circle
with M's back to ctr and W facing ctr between each of the M
whose hands she is holding, all arms completely extended fwd.

STEPS: 1. PRODSKOK - Hopping Step
One complete Hopping Step is equal to one beat of a meas, so that in 2/4 time in one meas there must be executed two complete hopping steps.
Starting with the R ft, STEP and HOP on the same ft (while the opp ft is suspended at ankle level). Proceed to the same motion with the L ft.

Ct	1	and	2	and
	step	hop	step	hop
	R	R	L	L

2. WYTUP - Stamp Step
One complete Stamp Step is equal to one meas in 2/4 time.

Ct	1	and	2
	stamp	stamp	stamp
	R	L	R

MUSIC: 2/4

PATTERN

Meas

- 8 INTRODUCTION
- PART A:
- 1-5 Ten (10) Hopping Steps in place (ten times step-hop).
- 6 One Stamp Step in place.
- 7-9 Six Hopping Steps. W take 6 Hopping Steps progressing to ctr of circle. M take 6 Hopping steps away from ctr. (Keep hands connected raising them straight upwds as you move either inwd or outwd).
- 10 One Stamp Step in place (everyone).
- 11-14 Using the same sequence of steps (6 Hopping Steps & 1 Stamp Step) all dancers move bkwds, returning to orig pos (M to ctr of circle, W away from ctr).

Continued...

- 15-28 Repeat meas 1-14.
- PART B:
- Stand side by side with ptr, R hips tog, R hand on ptr's L hip, L hands on own hips; M facing LOD, W facing RLOD.
- 29-32 With eight (8) Hopping Steps CW, cpl turns "on the spot" once or twice, ending with the M facing LOD, W RLOD.
- 33-36 With eight (8) Hopping steps, M (facing LOD) moves to his L (twd ctr of circle) keeping his R hand extended away from ctr of circle. W with 8 Hopping Steps moves to her L (away from ctr of circle) keeping her R hand extended to ctr of circle.
- 37-40 With eight (8) Hopping Steps ptrs return to pos as at beg of PART B.....and.....
- 41-44 Turn as in meas 29-33.
- PART C: BRIDGE
- Two circles (M's circle inside, W's circle outside).
M's circle with hands joined facing away from ctr of circle.
W's circle with hands joined, facing M's circle.
- 45-47 Each circle moves to the R (M RLOD, W LOD) with 6 Hopping Steps.
- 48 One Stamp Step "on the spot".
- 49-52 Repeat 45-48 in opp direction, ending facing your ptr.
- 53-80 Repeat PART A.
- 81-96 Repeat PART B.

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Presented by Jan Sejda
Idyllwild Weekend - 1969