

SUROK  
(Poland)

Surok is a cpl dance in 2/4 time of the Lachy (LAH-hih) people from Nowy Sącz (NOH-vih-SONCH) region in southeast Poland. This region has been greatly influenced by both Kraków (CRAH-koof) and the mountain cultures. The most common rhythms of the Lachy music are in even meters. Surok is their primary dance, done with pride and dignity by both young and old. The name of the dance is derived from the verb "szurać" (SHOO-rahch) - to shuffle. The dance was collected by Jaś Dzięwanowski in the summer of 1980 in Podegrodzie.

Pronunciation: SOO-rohk

Record: JA-222 "Tańce Ludowe z Polski - Volume 3" (Folk Dances from Poland), Side B/4, available from Ada Dzięwanowska. 2/4 meter.

Formation: Cpls around the room in ballroom pos, M's back to ctr, arms of the joined hands (M L, W R) extended at shldr level, M's hand on top and outside of W's; ptrs turn 45° twd LOD.

Steps and Styling: The Running: Small smooth, gliding steps (two per meas), moving in LOD.

Turning Step: This will be a smooth CW turn, using two meas to complete one full turn. There is relatively little progression around the circle and it is done standing quite close to ptr, with knees almost completely straight. Beginning L ft, dance a small flat two-step (cts 1, & 2 of 1st meas); with R leg straight shuffle R ft bkwd about 6 inches, ft flat on floor (ct 1 of 2nd meas); shuffle R ft fwd about 6 inches and put wt on it (ct 2 of 2nd meas). Step described for M, W begins step with the shuffle.



The Surok Arm Pos: The joined outside hands are lowered all the way, M's palm over the back of W's hand, arms straight and vertical.

Pattern

The dance is composed of a running part and a turning part. The length of each is done at the discretion of M. Begin each Figure M L, W R.

SUROK (Continued)PART I: RUNNING

Move in LOD with the Running Step.

PART II: TURNING.

Changing to the Surok Arm Pos, turn CW around the room with the Turning Step, moving in LOD.

Keep repeating the entire dance until the music ends. There are 16 meas repeated of Melody A, and 16 meas repeated of Melody B, alternating. This record has 2-1/2 sets of this Melody A and B combination.

Dance was introduced in April 1982 at a workshop at the George Tomov Folkdance Studio in New York City by Jaś and Ada Dziewanowski. Please do not reproduce these directions without the Dziewanowskis' permission.

Presented by Ada Dziewanowska