

SWIR SWIR MAZUR

(Poland - Intermediate)

PRONUNCIATION: Sh-verr Sh-verr

SOURCE: Gene Ciejka, Director, Orange County Workshop.
Based on 36 years exposure to Polish ethnic dancing
and a vivid imagination.RECORD: Polish Dance Melodies, ABC Paramount, ABC (S) 289
Side 2, Band 6
Na Krakowskim Rynku, Muza record, XL 0408, Side A;3FORMATION: Circle, men on inside facing out, women on outside
facing in. Partners hold trailing hands, arms
extended to side hands about hip high; leading arms
extended and separated, palms down, fingers relaxed,
hands about shoulder height. There is a slight bend
at the elbows.NOTE: The Mazur is a court dance and therefore is done
with control taking precedence over vigorous movement.
The steps are low and long, giving the feeling of
flowing over the floor rather than jumping up and
down off of it.

INTRODUCTION: 4 measures.

FIGURE I: Heel clicks in LOD
Heel clicks are done by extending the leading foot,
to the desired height, about one foot off the floor.
Then spring off the supporting foot and bringing
the instep of the supporting foot to the heel of the
extended foot, then land on the supporting foot for
ct 1. Stepping on the leading foot moving LOD for
ct 2. Bring the trailing foot to the leading foot,
trailing instep to leading heel for ct 3. Take the
weight on the trailing foot on ct 3.

	<u>FOOTWORK</u>	<u>HANDS</u>
Meas.		
1-4	Click Steps in LOD	AS NOTED IN DESCRIPTION
5-6	Waist turn, CW Men L,R,L Lady R,L,R one full turn.	Free hand on hip, palm exposed, fingers down.
7	One full Click Step	Open to starting pos.
8	Ct 1 Click Step, wt on trailing ft. Ct 2 Step on lead foot Ct 3 Stamp trailing while extending leading foot with point.	
9	REPEAT MEAS 1-8. Except on Meas 16 stamp leading foot on ct 1. Stamp trailing ft on ct 2 (Men do not take wt on trailing foot). Both men and women hold ct 3.	

Continued...

SWIR SWIR MAZUR (CONT'D)FIGURE II: Grand Right and Left with Waist turn.

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|------|---|---|
| | | <u>HANDS</u> |
| 1-2 | <u>Man</u> : Starting by stepping onto right foot. Move toward girl on right, at same time moving toward outside of circle. Placing yourself in RLOD with right shoulder twds ctr of circle. Girl makes same move to right but moving to inside of circle with left shoulder twd center. Man's right and ladies right shoulders are adjacent. Girl is now facing LOD. M & W step R,L,R and L,R,L. | Release partner.
Place hands on hips as noted for Fig I. |
| | <u>WAIST TURN</u> | |
| 3-4 | Take 1½ turns to face direction you came from trng. CW. Men face LOD on inside of circle, ladies face RLOD on outside of circle. Man's and woman's right shoulders are still adjacent. Both step R,L,R and L,R,L. | Right hand moves to partner's waist.
Free hand on hip. |
| 5-6 | Repeat movement for meas 1 and 2 with men moving to outside of circle with left shoulder towards center and adjacent to lady's left shoulder. Lady, original partner, is now facing RLOD while man faces LOD. Lady inside, man outside circle, with left shoulders adjacent. Stepping R,L,R and L,R,L. | Hands on hips. |
| 7-8 | Make two complete turns to face man LOD and lady RLOD. Man on outside, lady on inside. | Left hand to ptr's waist. R hand hip. |
| 9-14 | Repeat Fig. of meas. 1-6. Except man will now be doing girl's part and vice versa. | |
| 15 | One CCW turn only. Finish with man inside, lady outside. | |
| 16 | Man take lady's left with his right hand turning her under in place. Both step L,R,L. Woman turns CCW. | |

FIGURE III: Heel Clicks in RLOD.

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|-----|---|---|
| 1-2 | Man has wt on left foot, lady has wt on right foot. Bringing man's L and lady's R instep to heel of other foot execute 3 heel clicks in RLOD. | Man's L and lady's R separate and about hip high, palms down, sl'y bent at elbow.
Man's R and lady's L joined and sl'y higher. |
| 4 | Man jumps down onto right foot and bends left knee for ct 1. Settles on left knee for ct 2. Holds ct 3. Lady takes 3 steps in place L,R,L. | Man curves left arm across chest.
Woman grabs skirt with R hand. Man's R and lady's L joined. |

Continued...

- 5-7 Man remains on knee. Don't slouch. As soon as woman passes left hand can be extended to left side high. Watch partner as she circles around. AND SMILE !!!!!
Lady holding skirt but not swishing it starts running around man. One full circle taking $\frac{1}{4}$ run for each meas. SMILE !!! at partner. Woman steps R,L,R, L,R,L, R,L,R.
- 8 Man: Ct 1 rises on right leg.
Ct 2 stamps left foot.
Ct 3 stamps right foot no weight.
Lady: Continues the run placing herself on the outside of circle facing partner L,R,L. NO WEIGHT.
- 9-16 REPEAT MEAS 1-8.
- INTERLUDE:
1-2 Balance in and then out. Man stepping R,L,R. Lady stepping L,R,L on the in and reversing footwork on the out. Man does not take the wt. on L, ct 3 meas 16. Lady does take the wt. so both have wt. on right feet. Man's R and lady's L hands joined. Free hands on hips.
- FIGURE IV:
1-2 Clicks to center with turns.
Having positioned yourselves in the last figure so that woman is to the right of the man and slightly in front. With weight on right foot execute 2 heel clicks to center of circle. Move hands so that man's L holds lady's L and R holds R with man to L of and behind woman. R hand on lady's hip.
- 3-4 Man takes 2 meas in place L,R,L and R,L,R. Woman takes 2 more click steps passing man and ending on his left. Both face LOD. Retain the hand hold except allowing the L hands to fall on lady's L hip.
- 5-8 Take 2 turns moving CCW in place, to face LOD. DO NOT TAKE WT. ON R FOOT FOR CT 3 OF MEAS 8.
- 9-10 Repeat Meas. 1-2 moving out of center. Same as Meas 5-8.
FOOTWORK REVERSED.
- 11-12 Repeat Meas 3-4 FOOTWORK REVERSED. When girl passes in front of man, hands revert to pos. of Meas. 1-2.
- 13-16 Repeat Meas. 5-8 turning CCW. Finish facing LOD stepping R,L,R, L,R,L, R,L,R, L,R,L. DO NOT TAKE WT ON LEFT.
- 17-32 Repeat Meas. 1-16 Same as noted above.
On ct 3 of Meas 16, take the wt. on the L foot.

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SWIR SWIR MAZUR (CONT'd)

INTERLUDE:

- 1 Ct 1 step on R. Man's R holds lady's L.
Ct 2 swing L through and point in Free arm on hip.
front.
Ct 3 swing L back sharp with point
while hopping on R low.
- 2 Stepping L,R,L take 3 small running Free arms on hip.
steps in LOD.
- 3-4 Repeat Meas 1-2.
Men: On ct 3 Meas 4 do not take wt
on L. Use this beat to face ptr
and just touch L to floor for
balance:
Ladies: take the wt on L while
turning to face partner.

FIGURE 5: Heel Clicks in LOD.
1-16 Repeat Figure 1.

FIGURE 6: Grand Right and Left with turn.
1-16 Repeat Figure 2.

FIGURE 7: Heel Clicks in RLOD.
1-12 Repeat Figure 3.

13-14 Woman moves a little faster around man
covering more than $\frac{1}{4}$ of the circle per
Meas. Stepping R,L,R, L,R,L.

15 Girl turns CCW while moving to outside Man's R hand still
of circle and close to man's R knee, holds lady's L.
to face LOD.

16 Ct 1 Lady steps on L while sitting Man's hand, L, is
on man's knee. as noted. Lady's
Ct 2 Lady extends R foot front on floor R drops skirt and
pointed, leg straight. is raised high with
Ct 3 hold and look at partner. curved arm.

FINIS

Presented by Eugene Ciejska

continued.

SWIR SWIR MAZUR (CONT'D)CUE SHEET

<u>Meas.</u>		
1-4	Click step in LOD	(4)
5-6	Waist turn CW	(2)
7-8	Click step and chug	(1 & 1)
9-16	Repeat above	
1-2	Grand right and left	(1)
3-4	Waist turn CW	(2)
5-6	Grand right and left	(1)
7-8	Waist turn CCW	(2)
9-16	Repeat Fig. II	
1-3	Heel clicks in RLOD	(3)
4-8	Man drops to knee	(1)
	Girl runs around	(4)
9-16	Repeat Fig. III	
INTERLUDE:		
1-2	Balance in and out	(1)
3-4	Heel clicks to center	(4)
5-8	Turns CCW	(2)
9-12	Clicks to outside	(4)
13-16	Turns CW	(2)
17-32	Repeat Fig. IV	
INTERLUDE:		
1-4	Point, hop with run	(2)
1-16	Repeat Fig. I	
1-16	Repeat Fig. II	
1-16	Repeat Fig. III	
	With sit down on man's right knee and pose.	

FINIS

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