

Szarocz (Poland)

Szarocz (SHAH-rohtch) is a set dance for four couples from the Cieszyn region of southern Poland (Silesia, near the Czech border). The music is composed of three melodies (A,B,C), each with 16 measures done twice. Jacek and Bozena Marek taught this dance at the 1997 University of the Pacific Stockton Folk Dance Camp, and at a workshop sponsored by the Berkeley Folk Dancers in October 1997.

Music: CD Dance Poland 1997 (band 12) 2/4 meter

Formation: Longway sets of four couples (ptrs facing) with lines about 8 ft. apart (cpl 1 is at the top of the set and cpl 4 is at the bottom). W hold skirts or may have L hand on hip; M have back of R hand on back of R hip, and L hand down at side.

Steps and Styling: All steps are slow runs, two steps per measure, usually beg M L, W R.

Do-Sa-Do: ptrs pass each other by R shldr and, without turning, back into place passing ptr by L shldr.

Measures	2/4 meter	PATTERN
4 meas.	<u>INTRODUCTION</u>	No action. On last 2 meas, nod to ptr.
	<u>I. DO-SA-DO, LEAD DOWN, AND CIRCLE</u>	
A 1-2		With four running steps, lines meet in the ctr. M can bend L arm and move it gracefully across in front.
3-4		Lines back into orig pos with 4 running steps. M swing L arm back to side.
5-8		With 8 steps ptrs do a R shldr do-sa-do. Again M can gesture with L arm.
9-12		Taking inside hands, Cpl 1 move down the center of the set with 8 running steps.
13-16		Cpl 1 join both hands (arms rounded) and circle L (CW) with 8 steps. At end, release M L and W R hands and face W line.

II. LINES KNEEL

This figure moves smoothly, and the following arrangement by measures indicates only approximately the position of Cpl 1.

- A 1-4 Cpls 2, 3, 4 all kneel (R knee) in place and clap on ct. 1 of each meas. With W1 on the outside and M1 on the inside, Cpl 1 run with about 8 steps to the top of the set, joined inside hands passing over the heads of W4, 3, 2.
- 5-8 Repeat meas. 1-4 with Cpl 1 passing over the heads of M2, 3, 4, W1 still on outside, ending up back at the bottom of the set.
- 9-10 M1 lead W1 in 1/2 CCW circle to end facing up the set with 4 running steps.
- 11-14 Cpl 1 run up the inside of the set for 8 running steps. The other cpls continue clapping and stand up at the end of meas. 14.
- 15-16 Cpl 1 back into orig pos with 4 steps.

Figures III, IV, V, and VI are danced by Cpls 1 and 4 only; Cpls 2 and 3 are inactive. There is the possibility in these figures for some individual variations, and traditionally M4 is required to mimic the embellishments of M1.

III. CIRCLE WITH TWO-HANDS

- B 1-8 M1 and W4 run twd each other with 4 running steps, join both hands and turn CW twice with 8 steps. Instead of the second turn, M may turn W under with either hand. Run bkwd to original places with 4 running steps (total of 16 steps).
- 9-16 M4 and W1 repeat meas. 1-8.

IV. CIRCLE WITH RIGHT ELBOWS

- B 1-8 M1 and W4 run twd each other as in Fig. III. M can clap on ct 1 of meas. 1. With R elbows hooked, turn CW twice (M's L arm is held high diag up, elbow and wrist straight, fingers together). Run bkwd to original places with 4 running steps.
- 9-16 M4 and W1 repeat meas. 1-8.

V. DO-SA-DO

- C 1-8 M1 and W4 run twd each other with 4 running steps, and with arms folded and held out in front they do-sa-do (R shldr) for 8 steps. Run bkwd to original places with 4 running steps. Individual turns can be done during the do-sa-do and/or while backing into place.
- 9-16 M4 and W1 repeat meas. 1-8.

VI. MEN KNEEL

- C 1-8 M1 and W4 run twd each other with 4 steps. On first ct of meas. 3 M1 kneel (R knee) taking W's L hand in his R (M can leap into kneeling pos with sweeping gesture with L arm as well). W circle M in CCW direction with 8 running steps. Both run bkwd to original places with 4 running steps.

9-16 M4 and W1 repeat meas. 1-8.

VII. CAST OFF AND LEAD UP

B 1-10 Cpl 1 cast off and lead respective lines down the outside of the set meeting at the foot of the set and joining inside hands (about 20 steps in all). Cpls 2, 3, 4 follow to the top of the set before casting and running to the bottom.

11-14 With about 8 more running steps cpls (led by Cpl 1) move up toward the top of the set; Cpl 4 only finish the cast around and join inside hands by the end of meas. 14.

15-16 Cpls separate and back into original lines with 4 running steps.

VIII. LEAD DOWN AND UP, CPLS DO-SA-DO

B 1-8 Cpl 1 move down the inside of set with 8 running steps, inside hands joined. At the bottom, Cpl 1 turn alone (1/2) twd ptr, join inside hands and run back to the top of the set with 8 more steps, where they face each other with both hands joined. As soon as Cpl 1 passes them, Cpls 4, 3, 2 move twd ptr and join both hands.

9-16 Cpl 1 does Do-Sa-Do with Cpl 2, and Cpl 3 with Cpl 4. M1 and M3 move fwd and in front of other cpl for 4 steps, W1 and W3 go bkwd; M2 and M4 initially move bkwd with W2 and W4 going forward. Complete the Do-Sa-Do with about 4 more steps. With 8 more steps dance an incomplete Do-Sa-Do. Cpl 1 end up in position 2 and cpl 2 in position 1, and similarly Cpls 3 and 4 exchange positions.

At this point the music starts over. With the 4 introductory meas. each person backs away from ptr to form original lines (8 ft apart), and is ready to begin Fig. I. Nod to ptr on last 2 meas. In this repeat of the dance the original Cpls 2 and 4 are in positions 1 and 3.

Let's Dance,