

1984 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

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SZTAJEREK
Poland

There are many stajereks throughout Southern Poland and a few as far north as Warsaw. Steps, hand holds and turns vary from region to region, but all are in 3/4 time. This one comes from Nowy Sącz which is in the foothills of Southern Poland between the western edge of the Rzeszów region and the Tatra Mountains (Podhale). The dance was learned by Morely Leyton from Jacek Marek in 1980, who currently resides in Boston.

PRONUNCIATION: Shtai-yě-rek

RECORD:

FORMATION: Ballroom pos with M facing LOD and W squarely in front of ptr. May use Rzeszów hand hold: M L hand holding W R wrist and both jammed into his L waist.

METER: 3/4

PATTERN

Meas Cts

INTRODUCTION: Call before orchestra plays:
Zagrojeiez mi stajerecka piljknego, swarnego
Niechze jo se potańcuje, do rana biolego.
Sztajerka!

PART I:

MEN:

- 1 1 Step R in LOD. Step is strong, on bent knee, leave L in place.
- 2 Sweep L leg in a semi-circle while straightening R leg by turning slightly CW. Full wt on R.
- 3 Hold.

WOMEN:

- 1 1 Step L bkwd to outside of circle, rising on the ball of the ft.
 - 2 2 Close R to L, still on ball of ft.
 - 3 3 Bend knees.
- 2 Repeat meas 1 with opp ftwk and turning twd ctr of circle. M finish facing close to LOD. M must give W strong lead with R arm.
- 3-4 Do 2 flat-footed waltz steps and turn 2 times CW in closed ballroom or Rzeszów hold. M starts with R fwd, W L bkwd. There are 6 cts to make one full turn while progressing in LOD.

NOTE: Meas 3-4 is gentle in contrast to meas 1-2.

continued...

PART II:

MEN:

- 1 1 Strong stamp on R in place. Release hands, hold R arm out to side.
2 Stamp L near R, Catch ptr around waist with R arm and support her. Try to keep R elbow at least even or slightly fwd of body.
3 Hold.

WOMEN:

- 1 1 Jump on R to outside of circle. Keep L hand around ptrs shldr and R arm out to side.
2 Close R to L. If ptr gives enough support let upper torso go a little further away from ptr than ft and waist.
3 Hold. Do not let ft travel on ct 3. Don't get to far away from ptr.
- 2 Repeat meas 1 with opp ftwk and direction. W must travel from M R side to M L side. M must give very strong assistance with R arm to get ptr to other side in little over one ct and catch her in outstretched L hand to side. W places R arm around M L shldr, L arm out to side and let upper torso trail.
- 3-4 Repeat meas 3-4, Part I (flat-footed waltz). M must bring W to closed pos by giving strong lead with L hand on ct.1.
- 5-8 Repeat meas 1-4.
9-16 Repeat meas 1-8.

Repeat dance from beginning once more (2 in all).

