

Sztajerek from Lwów (Progressive)

(Poland pre WWII)



Founded in the year 1250 by the Russian prince Lwa, Lwów was transferred in the year 1340 into Polish Dominion. City rights and privileges were bestowed to the city by Kings Kazimierz the Great and Władisław Jagello (1386-1434) which became the basis of its development and the source of its wealth. The city remained victorious in wars against many would-be conquerors. During the First Division of Poland it found itself under domination and was annexed as capital of the province of Galicia. From that point on for the next 146 years and in spite of domination, it maintained zealously its Polish culture. Since the end of World War II in 1945, it was given to the U.S.S.R., as the borders of Europe were once again rearranged, and today is known as Lviv in the Ukraine. Once the third largest city in Poland, it was compared to Vienna because of its architectural beauty, academic studies and love for the Arts. It was a vibrant metropolis with a mixture of cultures living together in harmony and the songs and dances from this city reflect the pride and joy that the citizens felt for their beloved Lwów. The Sztajerek which developed during the 19th century partition of Poland finds its roots in the Austrian province of Steiermark. Consisting of two melodies: one smooth and one vibrant, it feels like the combination of a fast waltz and an oberek. The Sztajerek can be found in several regions of Poland and although they all have the same basic pattern, they each have adopted the character specific to their region. The sztajerek from Lwów has special meaning to me as my father was born in Lwów, Poland in 1922 and I can imagine that he must have danced it on several occasions during his youth. *(The picture above represents the coat of arms of the city when under Polish rule).*

Pronunciation: Shtah-YEH-rehk from L-voof

Music: *Folk Dances from Poland, Vol. 5, Band 5.*

3/4 meter

Formation: Couples stand in a circle in Basket pos with M's back to ctr and W facing ctr of circle.

Steps: Oberek/Waltz: Resembles a Waltz step with a bounce or spring added to it and is done individually or with a ptr, while rotating CW and travelling in a circle. One meas equals 1/2 a revolution. When with a ptr, use the Basket position, M starts with L, W with R.

Big Sweep: Begin with ft together. Take step on R to R and begin sweeping straight L ft with toes pointed straight out across in front of R leg (ct 1);(ct 2) continue movement from (ct 1) so that L ft ends off the floor to the R of R ft. Hold on (ct 3). This step can be done in opp dir with opp ftwk.

Sztajer Step #1: 2 meas. Meas 1: Begin with ft together, leap onto R to R while lifting L off floor with slightly-raised knee and bringing it twd R crossing in front of R leg (ct 1); place L heel on floor in front of R (toes of L pointed up off floor) (ct 2); hold (ct 3). Using all 3 cts, hands move outward in front from individual hold to 2nd position hold,

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Meas 2. Leap onto L to L into orig place, lifting R off floor by slightly-raising R knee and bringing R twd L crossing behind L leg (ct 1); put toes of R behind L (ct 2); hold (ct 3). Hands reverse their positioning from 2nd position back to individual pos.

Sztajer Step #2: 2 meas. Meas 1: Begin with ft together, angle body with R shldr fwd and step onto R placing ft slightly to R and in front away from L, keeping L leg straight, begin sweeping it fwd crossing in front of R (ct 1); extend L leg with toes pointed straight out 2-3 inches off floor in front of R (ct 2); hold (ct 3). Hands remain in Individual pos.

Meas 2: Step back on L in orig pos, straightening R leg so only toes of R ft remain touching floor (ct 1); sweep R ft so heel ends in front of L shin with toes pointed straight down, with body still at an angle, bend fwd from waist pointing R elbow twd floor to R in front (ct 2); hold (ct 3).

Side Step: Begin with feet together, take 1 step on R to R, leaving L on floor (ct 1); drag L ft twd the R ft (ct 2); bring ft back together (ct 3).

Promenade: Light bouncy steps R,L,R (cts 1,2,3). Sequential steps done with opp ftwk. Promenade steps can be done in a straight direction or in place while revolving CW, 1 meas equals ½ a revolution. Hands remain in individual pos during this step.

Hands:

Individual: M: Imitate hooking thumbs through arm openings of a waist-coat or vest with no sleeves with elbows pointed straight out from bodies, parallel to the floor

W: Place L hand on waist with thumb extended twd back and fingers together in front. Place R hand on top of L hand with arm crossed over front of body.

2nd Position: Hands extended palms up to either side of body parallel to floor.

Basket: Facing ptr with rounded arms, M place both hands on either side of ptr's back just below shldr. W rest arms, also rounded, on top of ptr's arms and place hands on back of ptr's shldrs.

Barrel: Facing ptr with rounded arms, M extend both arms to either side and slightly in front and W clasps hands onto each of ptr's hands. W's R hand in M's L hand and W's L hand in M's R.

Styling:

Couples – Progressive dance in which cpls change ptrs several times. This was a popular social dance done by street-wise city folk. The men are proud and cocky and the women flirtatious.

Sztajerek from Lwów—continued

<u>Meas</u>	<u>Pattern</u>
	I. <u>FIGURE I</u> (slower tempo)
	Stand facing ptr approx 3 ft from each other with arms in Individual Pos.
1-2	Each ptr complete one Sztajer Step #1 using corresponding hand movements.
3-4	In place, each ptr individually rotate 1 turn CW with two Promenade steps R,L,R L,R,L.
5-6	Each ptr complete 1 Sztajer Step #2. During meas 5, ptrs (facing each other) advance twd each other trying to touch L shldrs. On meas 6, pull away from each other to position body so that ptr's back is seen.
7-8	Switch places with ptr by taking 2 Promenade steps beg R, following R elbow (CW) and passing behind ptr. End facing ptr.
9-16	Repeat meas 1-8 returning to starting pos.
	II. <u>FIGURE II</u> (slower tempo)
	When starting Fig II, move from Individual hold to Basket hold.
1-4	Cpl in Basket hold make 2 revolutions CW in LOD using 4 Oberek/Waltz steps. M beg with L / W beg with R.
5-6	In Barrel pos, 2 Big Sweep steps first LOD and then RLOD. M beg with L / W beg with R.
7-8	In Individual Hold, turn in place using Promenade step: <u>M</u> : Rotate CCW beg with L by taking one Promenade step L,R,L and continue rotation by stomping ft twice – R (ct 1); L (ct 2); hold (ct 3). <u>W</u> : Rotate CW beg with R ft by taking 2 Promenade steps R,L,R L,R,L.
9-12	<u>M</u> : Keep both ft together with arms in Individual pos and rotate upper body from R to L to R to L. Each ct (3 per meas) consists of a bounce/spring movement in which arms also bounce up and down. Head follows movement of ptr. <u>W</u> : In Individual pos, take 4 Promenade Steps fwd (beg R) around ptr making a complete CCW circle, ending back in front of ptr. Movements are very feminine and flirtatious.
13-14	<u>M</u> travelling RLOD and <u>W</u> travelling LOD, take 2 Side Steps twd next ptr.
15-16	Make one revolution CW using two Oberek/Waltz steps and end facing new ptr.
<u>SEQUENCE</u> :	Cpls stand in a circle in Basket pos with M's back to ctr and W facing ctr of circle. Introduction (Hold), Fig II; Fig I and Fig II (5 times).

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