

Taniec Wielki (Progressive)

(Poland)



The Polonez (poh-LOH-nehz) is the oldest of Poland's five national dances, and is also known as the Taniec Wielki or Great Dance. The Polonez has no set choreography, however due to the slower tempo and the facility of the steps and movements, everyone can easily join in. Often done to signify the opening of a Ball or Festivity, one couple will lead numerous couples in a walking procession around the floor that will take them through various movements and combinations that are typical for this dance. Although I mention that the steps are easy for the occasional

participant, when working with performing groups, the steps can in fact be quite difficult to perfect. The Basic Walking step for instance begins before the music even starts and is long and elegant with deep knee bends and no heels; the majority of people will just begin on the first count and simply walk around the floor. This is of course acceptable when our goal is to get everyone up and dancing, but if you plan to perform this choreography for stage with regular members of a troupe, then please try to teach them the proper steps, as they are so much more beautiful.

Pronunciation: TAH-niyets VIHYEHL-kee

Music: *Folk Dances from Poland, Vol. 5, Band 1.*

3/4 meter

Formation: Circle of individual dancers facing LOD.

Steps: Walking step: In preparation for 1st ct with wt on L, very gently bend L knee while extending R ft fwd, R knee slightly bent until it becomes straight, moving ft fwd with toes just above floor level (pre-ct 1); step fwd firmly on ball of R ft, straightening L knee (this step is the longest one in relation to the next two steps) (ct 1); step fwd on ball of L ft (ct 2); step fwd on ball of R ft (ct 3). Continue Walking step using opp ftwk. Step can also begin with the L.

Long Bow: Beg with ft together, step on R to R (ct 1); step onto flat L ft behind R (L knee is bent while R leg is extended straight out with only toes touching floor) (ct 2); transfer wt to R ft standing on straight R leg (L leg remains slightly bent behind R leg with toes remaining on the floor) (ct 3). W's hands remain in Individual pos; M's L hand is placed on top of his heart while R arm remains in Individual pos (cts 2,&,3). For opp dir use opp ftwk and hands.

Hands: First position: Cpl stand beside each other with M on W's L. M extends R arm fwd bent slightly at the elbow with palm facing in. W extends L arm fwd, bent slightly at the elbow and rests it upon M's R hand. Joined hands are held slightly below shldr level during the dance and should not move, however they should also not be stiff. M's L arm is extended out away from the side with palm up. W hold skirt out with free hand. Can be done with opp pos.

Taniec Wielki –continued

Second position: Cpl stand beside each other with M on W's L. M extends L arm fwd bent slightly at the elbow with palm facing up. W extends L arm fwd, bent slightly at the elbow and rests it upon M's L hand. Joined hands are held slightly below shldr level during the dance and should not move, however they should also not be stiff. M's R arm is extended behind ptr's back without touching her with palm up. W hold skirt out with free hand.

Barrel position: Standing facing each other, cpl extend both arms out in front parallel to floor and join hands (M R to W L; M L to W R) with elbows slightly bent to form a circle.

Individual: M: Both hands outstretched to sides parallel to floor, slightly higher than waist level, palms facing up.

W: Both hands outstretched to sides parallel to floor, slightly higher than waist level, palms down.

Styling: The Polonez is danced with elegance and grace. Dancers stand tall and proud. Ptrs acknowledge each other and other dancers at all possible times with a nod, slight bow, smile, or eye contact.

MeasPatternBOWING FIGURE

2 meas

INTRODUCTION. Cpls stand in one circle with M facing LOD and W facing RLOD with hands at sides and ft together. During first 2 meas, hold position and raise arms into Individual Hold.

1-2

Take 2 Walking steps beg with L and make 1 turn CCW – M first go twd ctr of circle then out / Women travel out then in. End back in starting pos.

3-4

Long Bow to L and then to R.

I. ACQUAINTANCE FIGURE

1-3

Begin facing ptr: M face LOD / W face RLOD in one large circle of cpls. Both M and W beg with L, take 3 Walking Steps in 2nd pos turning in place CCW.

4

Take one Walking step bkwd.

II. SHOW-OFF FIGURE

1-3

In 2nd pos, take 3 Walking steps in LOD – both ptrs begin with L.

4

Step fwd with R as if going to take a Walking Step (ct 1); M release ptr and take a step fwd with L / W with arms kept out to the side also take a step fwd with L ft while making a quick pivot CW to end facing ptr (ct 2); both M and W step bkwd on R with bent R knee (ct 3). W lift R ft off floor to execute pivot, M it is simply a transfer of the wt from L onto R which is behind body.

Taniec Wielki –continued

- 5-6 Holding in Barrel pos, make a 3/4 revolution CW with ptr beg with L so that M end facing ctr of circle and W facing out.
- 7-8 Using Individual hold, cross behind ptr to take their place, beg with L and making a 1/2 turn CCW; repeat on Meas 8 with opp ftwk turning CW.

III. REVERSE FIGURE

- 1 In 1st Pos, take 1 Walking step beg with L travelling in RLOD.
- 2 Without releasing ptr's hand, M take 1 Walking step using all 3 cts to change dir by turning CW beg with R. W go under M's arm turning CCW beg with R. Cpl ends facing LOD in 1st pos.
- 3-4 In 1st pos, take 2 Walking steps in LOD both ptrs beg with L.
- 5-6 Switch to 2nd pos (M take W's L hand in L hand and sweep R arm down twd floor so that it ends behind ptr) and with 2 Walking steps, turn CCW – M make 1/2 turn on meas 5 to end facing RLOD and then 1 walking step bkwd / W make 1 full turn, releasing ptr's hand on meas 6 and finishing facing LOD. Both ptrs end with arms in Individual Hold.
- 7-8 Both M and W take 2 Walking Steps in place while turning CCW – M travel out of circle first then in / W travel in first then out. Ptrs end facing each other in one big circle.

IV. CHAIN FIGURE

- 1-4 Meas 1: Beg With L, both M (RLOD) and W (LOD) use 4 Walking Steps to execute a Grand Chain, starting with ptr by R hands and passing them on R to next ptr. Meas 2: start with R and cross on L side and in front of new ptr taking L hands. Meas 3: repeat meas 1 with 2nd new ptr. Meas 4: repeat Meas 2 with 3rd new ptr.
- 5 Keep hold of 3rd new ptr's L hand and make one Walking Step travelling CCW to end facing ptr with M facing LOD and W facing RLOD.
- 6-7 Using Individual hold, cross behind ptr to take their place, beg with R and making 1/2 turn CW and then repeat on meas 7 with opp ftwk turning CCW.
- 8 One Long Bow beg with R.
Repeat dance with new ptr.

SEQUENCE

- 1-2 Introduction Music (Hold)
- 1-4 Bowing Figure
- 1-28 Figs I, II, III, IV
- 1-28 Figs I, II, III, IV
- 1-28 Figs I, II, III, IV
- 1-28 Figs I, II, III, IV
- 1-4 Bowing Figure

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