

(Tom-pah-nee) - Stamping Dance

SOURCE: A dance from the Kurpie region of Poland.

MUSIC: Record: MONITOR MF 360, Side 1, Band 4 (Nie Zginaj Kaliny);  
 MUZA XL 0141, Side 2, Band 2. 2/4 meter.

STARTING POSITION: Two very large circles, facing the center. W's circle  
 inside M's circle. Hands joined & raised high.

Music; 2/4

PATTERN

Meas

- 1-8 INTRODUCTION: 8 measures of 2/4 music.
- PART A: (measures 1-24)
- 1-3 WOMEN'S CIRCLE: Starting with R ft, 6 light running steps  
 twds ctr. of circle, lowering joined hands to chest level.
- 4 3 stamps in place.  
 Ct. 1 and 2  
 stamp stamp stamp  
 R L R
- 5-8 6 light running steps & 3 stamps (as in Meas 1-4); away from  
 ctr of circle, moving bkws & raising joined hands up high.
- 9 Hands on Hips: Each W takes 1 polka step (two-step) twd  
 the ctr of the circle.
- 10 Each W takes 1 polka step away from ctr (bkws).
- 11-12 Each W turns once on-the-spot (CW) with 4 steps (pivot).
- 12-24 Repeat Meas 1-12 once more.
- (1) MAN'S CIRCLE: Moving LOD (to M's R); M start with R ft.  
 Ct. 1 - Stamp in place on Lft, raising R ft to ankle.  
 Ct. 2 - Take a step to your R side with R ft.  
 Ct. 1 2  
 stamp side-step  
 L R
- (2-11) Repeat Meas (1) ten more times (11 times altogether).
- (12) Take 3 stamps in place.  
 Ct. 1 and 2  
 stamp stamp stamp  
 L R L
- (13-24) Reverse ftwk & direction (RLOD) done in Meas 1-12.

*Continued...*

## PART B: (measures 1-8)

- 1-8 WOMAN'S CIRCLE: Exactly as in Meas. 1-8, PART A.
- (1-6) MAN'S CIRCLE: With hands on hips, each M progresses twd ctr of circle with 3 stamps in each meas (6 times stamp-step) - as in Meas 12, PART A.
- (7-8) With 4 running steps twd ctr of circle, M move under the joined arms of W (under L arm of ptr) & turning 1/2 turn CW, M faces his own ptr.

## PART C: (measures 1-8)

Ptrs assume social dance position.

- 1-4 Cpls take 7 sliding steps in LOD, moving sdwd (M L, W R), stopping on Ct. 8.
- 5-8 Cpls take 7 sliding steps RLOD, moving sdwd (M R, W L), stopping on Ct. 8.

## PART D: (measures 1-8)

- 1-2 In social dance pos, cpls do 3 stamps on the spot, twice. (M start R ft, W L ft.)
- 3-4 With 4 steps cpls turn CW on-the-spot (pivot); M beg R ft, W L ft.
- 5-8 Repeat Meas 1-4.

## BRIDGE: (measures 1-4)

- 1-4 With 4 polka steps (two-step), W turn CW on-the-spot, taking one complete turn with hands on hips. M, passing his ptr with his R sho, does 4 polka steps progressing to his orig pos as in the very beginning of the dance.

REPEAT THE ENTIRE DANCE 2 MORE TIMES.

**IMPORTANT!** When you repeat the dance the 3rd time, in PART C (sliding part) the music slows down in the first 4 Meas. Coordinate the tempo of the dance accordingly with the tempo of music.

**FINALE:** (measures 1-6) \*After 3rd time through, skip the BRIDGE and go straight to FINALE.

- 1-2 With 4 light running steps, all cpls form 1 large circle facing ctr, W on R side of ptr. All join hands.
- 3-4 With 4 light running steps, all progress twds ctr of circle, raising joined hands fwds & up high.
- 5-6 Keeping hands joined & high, all take 3 stamps, on-the-spot, twice.

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Presented by Jan Sejda  
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