

UMARL MACIEK  
(Poland)

Record: Imperial 1206

Formation: Double circle, ptrs facing, hands on hips.

Measures      Pattern

4 meas      Introduction

I.

1 - 2      Cpls facing, hands on hips. In 2 waltz steps, beg M L, W R, turn away from ptr in one complete turn (M CCW, W CW).

3 - 4      Step draw twice in fwd direction (CCW).

5 - 8      Repeat in opp direction beg M R, W L.  
Balance

9 - 10      Join R hands and face ptr. Balance fwd on R and back on L.

11 - 12      W turns under arm and exchanges place with M on 2 waltz steps.

13 - 14      Balance fwd and back with L hands joined.

15 - 16      W turns under raised L arm and exchanges place with M on 2 waltz steps.

Waltz

1 - 2      In skating pos, hands crossed, R hand on top. Waltz fwd (CCW).

3 - 4      Sudden turn twd ptr so as to face in opp direction, and two waltz steps bwd in LOD.

5 - 8      Turn again and continue waltzing CCW (LOD).

Swing

9      Release cross-hold and join hands. Balance twd the R so that L shoulders are adjacent. L arms should be nearly straight and both arms are at shoulder level.

10      Balance twd the L so that R shoulders are adjacent (in opp of meas 9).

11 - 12      Turn by moving fwd for 2 meas, changing places (1/2 turn CW).

13 - 16      Repeat meas 9-12, turning fwd to original place.

Presented by: Vyts Beliajus