

W DOLINA  
(Polish)

Music: Monitor 326 Slask Vol. 2

Meter: 4/4

Formation: Couples facing each other (M with back to center)

Style: The most important thing for the Folk Dancer to remember about Polish Dancing is that it is accomplished by an air of flamboyance. The arm movements should be full sweeping - being grand. Don't hesitate to be "a little" flamboyant.

Measure	Description
	<u>Pattern</u> (Steps described for M - W do opposite)
	Introduction: Stand for four counts.
1	Make 1/2 turn to be back to back. (Make all turns toward line of direction). (M) Step L (ct 1), Step R (ct 2), Step L (ct 3), Stamp R beside L (ct 4). Partners now back to back.
2	Reverse footwork meas 1. Partners are now face to face again.
3	Same as meas 1.
4	Same as meas 2.
	<u>Woman to Forward figure</u> Women move forward 4 positions while men stay in place. Then men move forward 4 positions to partner. While moving forward weave diagonally to the inside and outside of circle as described below.
<b>WOMEN</b>	
1	(Moving to inside of man ahead) Step R (ct 1), Step L (ct 2), Step R (ct 3), brush L (ct 4). Greet man on (ct 4).
2	(Moving to outside of next man in LOD) Step L (ct 1), Step R (ct 2), Step L (ct 3), brush R (ct 4).
3	Repeat meas 1.
4	Repeat meas 2.
<b>MEN</b>	
	Stay in place and greet girls as they move by.
1	Turning to face center of circle step backward into partners position. Step back onto L foot, R foot is extended heel on floor toe up. As you step back sweep L arm in arc in front of body to a position high over head.
2	Turning to face outside of circle step backward into original position L foot extended, right arm sweeps up greeting girl moving to outside of circle.
3-4	Repeat meas. 1 & 2 respectively.
	Woman stay in place, M move forward
<b>WOMAN</b>	
1-4	Do as men did on previous 4 meas, but start on meas 1 turning to face outside of circle.

*continued...*

W Dolina (Continued)

## Measure

## Description

MEN

- 1-4 Move forward starting to outside of circle. Start L, stamp on ct 4 instead of brushing.
- Walk & brush while enlarging circle Take hold inside hands. Use this step to enlarge circle by moving away from the center of the circle in a "Zig-Zag" pattern.  
Man's back to center of circle, W facing center of circle.
- 1 Man start L; W start R take three steps LOD (ct 1,2,3) on ct 4 close M-R, W-L.
- 2 Man start R, Woman L move RLOD. Retaining same handhold.
- 3 Repeat meas 1.
- 4 Repeat meas 2, but Woman gives R hand to Man on last ct of meas.
- Double heel clicks and cross overs Right hands joined. Footwork is the same for men and women. Turn clockwise 4 meas and counter clockwise for 4 meas.
- 1 Hop on R beating L heel to R heel while in air (ct 1). Repeat ct 1 (ct 2), Leap from R to L (ct 3), Step R across in front of L (ct 4).
- 2-3 Repeat meas 1 twice.
- 4 Repeat cts 1-3 of meas 1, brush R foot to R to start momentum counter clockwise and change hands (ct 4).
- 5-8 Reverse meas 1-4. On ct 4 meas 8 open to face LOD.
- Walk forward and separate
- 1 Walk forward in LOD 4 steps (cts 1-4), M start L, W start R.
- 2 Walk diagonally forward in LOD, M toward center, W away from center 3 steps (cts 1-3). Close free foot to supporting foot (ct 4), turning to move diagonally toward partner still moving forward.
- 3 Reverse footwork meas 2 moving toward partner.
- 4 Repeat meas 2.
- 5 Repeat meas 3.
- Walk and slow turn (Inside hands joined)
- 1 M start L, W start R walk forward 3 steps (cts 1-3), close free foot to supporting foot ct 4, and face each other retaining hand hold.
- 2 Retard in music M steps RLOD on R foot and draws L to R (cts 1-4), W steps RLOD with L and crosses R in front of L to do one slow turn under joined hands (cts 1-4).  
Music picks up in tempo.
- Single heel clicks R arms around partners waist, R hips adjacent L arms in air.
- 3 Both hop on R and click L heel to R (ct 1), Step L (ct &) Close R to L (ct 2).
- 4 Repeat meas 3.
- 5-8 Repeat meas 1-4.

Dance repeats. The 4 counts of introduction are used now to close the circle. Partners take four steps toward center.

After doing the dance the second time through exactly as the first time do the following.

*continued...*

W Dolina (Continued)

Measure	Description
<u>ENDING</u>	Step I
1	M start L and walk three steps directly toward center (cts 1-3) stamp R (ct 4). W start R and walk 3 steps directly away from center (cts 1-3), stamp L (ct 4), turning to face center.
2	M start R turn 1/2 clockwise turn in place 3 steps (cts 1-3), stamp L (ct 4). W start L walk 3 steps (ct 1-3) to original position, brush R foot forward (ct 4).
3	M starts L turn 1/2 counter clockwise turn 3 steps (cts 1-3), stamp R (ct 4). W start R walk toward center to be at R side of partner, 3 steps (cts 1-3), close L to R turning 1/2 counter clockwise to face out from center (ct 4).
4	Both walk out from center 4 steps (cts 1-4) (M start R, W start L).

ENDING Step II

- Step II (Circling each other counter clockwise)  
1-4 Use same footwork as step V (Walk forward and separate) but individually without holding hands. The arms should swing out to be extended sideward at shoulder level on (ct 1), remain there (ct 2), drop down to a crossed position low in front of body on (cts 3-4).

On final two chords the M drops to L knee with L foot pointing back toward center of circle.

Woman use the crossing of the L foot in front of the R to execute one clockwise turn and strike a pose facing the Man.

Presented by Sonny Newman