

ZASIALI GORALE

(Zah'-shyah-lee Goo'rah-lee)

(Polish trio dance)

- Formation: Circle of "three's" facing LOD (CCW) or a column of three's all facing front. Trios formed by one M between two W.
- Starting Pos: M join inside hands with each ptr at shoulder height, each W's free outside hand on hip or holding skirt at side. R ft free.
- Record: Folkraft 1417x45B.
- Music: 3/4 and 2/4.

MeasPattern

- (3/4) CHORUS (Music A)  
 1-8 Eight Step-swing balance steps\* fwd starting with R ft.  
 9-16 Eight Step-swing balance steps bkwd starting with R ft.
- (2/4) FIGURE I -- Forward and Back (Music B)  
 17-20 Six running steps fwd (cts 1-6), 3 quick stamps in place (cts 7, &, 8).  
 21-24 Six running steps bkwd (cts 1-6), 3 quick stamps in place (cts 7, &, 8).  
 25-32 Repeat pattern of meas 17-24.  
 Note: The chorus (music 3/4) precedes each figure (music 2/4). The additional figures are as follows:
- FIGURE II -- Arches.  
 17-20 M and L-hand ptr raise joined hands to form an arch. Keeping inside hands joined, R-hand ptr with 6 running steps move under the arch around the M and return to place. M unwind by turning under his raised arm (cts 1-6). All take 3 quick stamps in place (cts 7, &, 8).  
 21-24 Repeat pattern of meas 17-20 reversing roles so L-hand ptr runs under arch formed by M and R-hand ptr.  
 25-32 Repeat pattern of meas 17-24.
- FIGURE III -- Elbow swing.  
 17-20 Releasing hands, M and R-hand ptr clap own hands (ct 1) then hook R elbows and turn once around with 5 running steps (cts 2-6); all take 3 quick stamps in place (cts 7, &, 8).

## ZASIALI GORALE (continued)

- 21-24 Repeat pattern of meas 17-20 reversing roles and elbows, M and L-hand ptr clapping own hands then turning with L elbow.
- 25-32 Repeat pattern of meas 17-24.

FIGURE IV -- Women's greeting.

- 17-20 M leading her, R-hand ptr move fwd with 3 running steps twd W on L (cts 1-3), bow to her (ct 4), then 2 running steps bkwd to place (cts 5-6). All take 3 quick stamps in place (cts 7, &, 8).
- 21-24 Repeat pattern of meas 17-20 reversing roles so L-hand ptr moves fwd and back.

FIGURE V -- Figure 8.

- 17-20 Releasing hands, M make the first loop of a figure 8 with 6 running steps moving in front of and around R-hand ptr then returning to place (cts 1-6), and all take 3 quick stamps in place (cts 7, &, 8).
- 21-24 Repeat pattern of meas 17-20, M completing the figure 8 by moving in front of and around L-hand ptr, then returning to place.

FIGURE VI -- Inward and outward turns.

- 17-20 M raise inside hands to form 2 arches and both ptrs, with 6 running steps, turn inward under raised arms (cts 1-6), and all take 3 quick stamps in place (cts 7, &, 8).
- 21-24 Repeat pattern of meas 17-20, W turning outward under raised arms.

\* Step-Swing Balance Step (Right) (♩♩♩): Step on R ft (ct 1), rise on ball of R ft and swing L leg across in front of R (ct 2), lower R heel and return L ft beside R without taking wt (ct 3). Step-Swing Balance Step (Left): same, reversing ftwork.

Presented by Vyts Beliajus