

EASY DANCES FROM POLAND

PRESENTED BY

'ADA AND JAS' DZIEWANOWSKI

Formation

Cpls in a circle, ptrs in open shldr-waist pos facing each other, outside fists on own hips, M back to ctr.

Measures

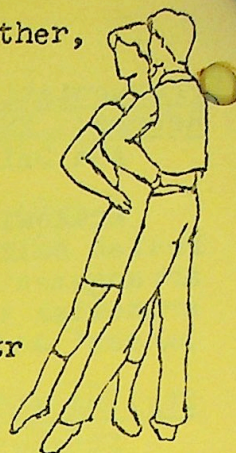
PATTERN

INTRODUCTION

1-2 No action.

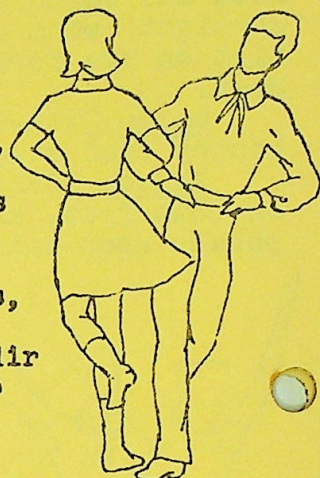
I. COUPLE GALOP (Melody A)

1-8 Beg M-L, W-R, dance in LOD 15 Galop Steps and a Zeskok.  
9-16 Repeat action of meas 1-8. End with R side adjacent to ptr and with your R arm hold ptr in waist. W: place L fist on own hip.



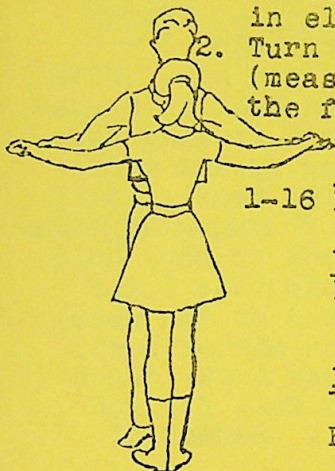
II. KRZESANY AND TURN (Repeat of Melody A)

1-8 Dance 4 sets of the Scuffing Step with a 1/2 Turn.  
9-15 Keeping same arm hold, extend L arm diag upward and leaning away from ptr, turn CW in place with 7 sets of the Walking Step.  
16 End with two stamps (RL - W: take no wt on 2nd stamp), facing ptr, M's back to ctr, and extending arms to sides, join hands with ptr at chest level, M's palms underneath W's hands.



Variations to Fig II:

1. Dance the Krzesany and the Turns, or just the Turns, in elbows hooked pos.
2. Turn CW in place (meas 9-11); reverse arm pos and dir (meas 12); turn CCW in place (meas 13-15); get into the final pos as described above (meas 16).



III. HOŁUBIEC (Melody B)

1-16 Beg hopping M on L ft (W on R) and moving M to R (W to L), dance 8 sets of the Hołubiec Step.

Variation to Fig III:

Dance the Fig "Hołubiec in a Square" (see p. 14 of Dziewanowska's "Polish National Dances").

IV. CIRCLE GALOP AND CROSS STEP (Done to the old 14-meas song, "Płynie Wisła, płynie"-see end of the description)

Release hold of M's L and W's R hand. M: cross your L arm over your R arm and join your L hand with R hand of W on your R. W: join your R hand with L hand of M on your R.

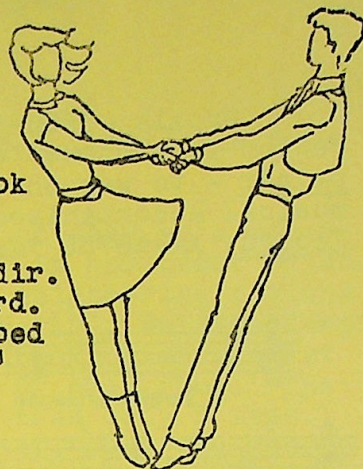
1-6 Beg M-R, W-L, dance 12 Galop Steps in RLOD.  
7-14 Beg M-R to R, W-L to L, dance 4 sets of the Cross Step.  
15-28 Repeat action of meas 1-14 (Fig IV).

Variation to Fig IV:

During meas 7-14 and 21-28 release ptr and dance the Porebiańska Step as described on p. 2 of the Krakowiak "Na krakowską nutę" in Dziewanowekis' "Tańce ludowe z Polski - Volume 2."

V. RUN AROUND THE CIRCLE (Done to the 1st part of the old "Lajkonik's Song" - see p.3 of the description. For the story of the Lajkonik see Dziewanowska's "Bawmy się - Let's Play")

1-8 Place fists on own hips, do a 1/4 CW turn and beg M-R, W-L, run with 8 sets of the Running Step M in RLOD, W in LOD.  
9-16 Make a 1/2 M-CW, W-CCW turn and repeat action of meas 1-8 (Fig V) in opp dir. Moving to a clear space on the floor, end facing ptr and take cross-hand hold. M: take no wt on the final step (L ft).



VI. GALOP SPIN (Done to the 2nd part of the "Lajkonik's Song." This Fig is called "Drobna kaszka" [DROHB-nah KAHSH-kah] - small kasha)

8 Beg L ft, with 14 small smooth Galop Steps and a Zeskok spin CW in place. Note: keep ft close to ptr's and lean back at shldr's with arms out straight.  
9-16 Repeat action of meas 1-8 (Fig VI) with opp ftwk and dir. End with M's back to ctr and extend L arm diag upward.  
Variation to Fig VI: Dance "Drobna kaszka" as described on p. 14 of Dziewanowska's "Polish National Dances."

PLYNIE WISLA, PLYNIE

1. Ply- nie Wi- sła ply- nie, po pol- skiej kra- i- nie, po pol-  
[pwih-nyeh vee-swah pwih-nyeh poh pohl-skyey krah-ee-nyeh poh pohl-]

skiej kra- i- nie, a do- pó- ki ply- nie Pol- ska nie za-  
[skyey krah-ee-nyeh ah doh-poo-kee pwih-nyeh pohl-skah nyeh zah-]

gi- nie, a do- pó- ki ply- nie Pol- ska nie za- gi- nie.  
[guae-nyeh ah doh-poo-kee pwih-nyeh pohl-skah nyeh zah-guae-nyeh]

2. Zo- ba- czy- ła Kra- ków, wnet go po- ko- cha- ła, wnet go po- ko- cha- ła  
[oh-bah-chih-wah krah-koof vneht goh poh-koh-hah-wah vneht goh poh-koh-hah-wah]  
1 w do- wód mi- łoś- ci wstę- ga o- pa- sa- ła i w do- wód mi- łoś- ci  
[ee vdoh-voot mee-wosh-chee vsten-gom oh-pah-sah-wah ee vdoh-voot mee-wosh-chee]  
wstę- ga o- pa- sa- ła.  
[vsten-gom oh-pah-sah-wah]

Translation

1. Vistula is flowing through the Polish land, and as long as she is flowing, Poland will not perish.
2. She saw Kraków and soon she fell in love with him and as a proof of her love she encircled him like with a ribbon.

LAJKONIK'S SONG

Ten Laj- ko- nik, ten Laj- ko- nik po Kra- ko- wie so- bie go- ni.  
[tehn lie-koh-neek tehn lie-koh-neek poh krah-koh-vyeh soh-byeh goh-nee]

Laj- ko- ni- ku, laj, laj, leć przez ca- ły kraj, kraj, Laj- ko- ni- ku,  
[lie-koh-nee-koo lie lie lech pshez tsah-wih cry cry lie-koh-nee-koo]

laj, laj, leć przez ca- ły kraj.  
[lie lie lech pshez tsah-wih cry]

Translation

This Lajkonik runs through Kraków. Lajkonik, run through the countryside.

Dance introduced in the Winter 1977/78 during Ada Dziewanowska' trip to Israel.

# Grozik

Grozik [GROH-zeeK] is a children's dance in 2/4 time from the Śląsk region in southwestern Poland. The name comes from the expression grozić palcem - to wag one's finger at someone. The dance can be done with musical accompaniment or while the children are singing the Grozik song. Record: XM-46755 "Easy Dances from Poland," Side A, band 3.

## THE SONG

1. Poszła dziewczę po zie-le, po zie-le,  
 po zie-le, Na-zbie-ra-ło nie-wie-le,  
 nie-wie-le, nie. Przyszła do niej bra-ci-szek,  
 po-ła-mał jej ko-szy-czek. Ej, ty, ty,  
 ej, ty, ty, Za ko-szy-czek za-plać-ty.

## Pronunciation

Poh-shwoh jef-cheh poh zyeH-leh  
 poh zyeH-leh poh zyeH-leh  
 nah-zbyeH-rah-woh nyeh-vyeH-leh  
 nyeh-vyeH-leh nyeh  
 pshih-shehdw doh nyey brah-tsee-shehk  
 poh-wah-mahw yey koh-shih-chehk  
 :ey tih tih ey tih tih zah  
 koh-shih-chehk zah-pwach tih:

## Translation

The girl went to collect some herbs,  
 some herbs, some herbs,  
 she did not collect much, not much, no.  
 Her brother came to her  
 and broke her basket.  
 Oh, you, you, oh, you, you,  
 you must pay for my basket.

## Measures

### PATTERN

Ptrs face each other, boy with back to ctr, their hands on own hips.  
 (Note: dance may be done by girls only.)

- 1-2 Beg R ft, with 2 small flat polka steps ptrs move bkwd away from each other.
  - 3-4 Repeat action of meas 1-2 moving fwd twd each other.
  - 5-8 Repeat action of meas 1-4.
- Easier Version -
- Children form a single-file circle, facing LOD, hands on own hips, or arms hanging down.
  - 1-4 Beg R ft, move fwd in LOD with 8 light steps.
  - 4-8 Repeat action of meas 1-4, moving bkwd in RLOD.
- 
- 9 Jump, landing with both ft close together (note: when dancing the easier version, face the ctr).
  - 10 Do 3 stamps in place (RLR - cts 1, &, 2).
  - 11 No action.
  - 12 Clap your own hands 3 times (cts 1, &, 2).
  - 13 Wag your R finger 3 times at your ptr (cts 1, &, 2) (note: in the easier version wag your finger at anyone in the circle).
  - 14 Repeat action of meas 13 with your L finger.
  - 15-16 Placing hands on own hips, beg R ft, with 4 steps make a full CW turn in place.
  - 17-20 Repeat action of meas 13-16 once more.

Repeat the dance 2-4 times. You may also alternate the easier version with the harder one.

Dance introduced in the Spring of 1976 for the Children's Group of the Krakowiak Polish Dancers of Boston by Ada Dziewanowska. Do not reproduce these directions without her permission.

# Olender

Pronunciation: oh-LEHN-geh

Record: XM-46755 "Easy Dances From Poland," side B, band 3, available from Ada Dziewanowska.

Olender is a couple dance in 2/4 time, which also can be done as a mixer, from the region of Kurpie zielone [KOOR-pyeh zyeh-LOH-neh] in northeast Poland. The tune and the main elements of the dance came from the neighboring regions in northern Poland: Warmia [VAHR-myah] and Mazury [mah-ZOO-rih], but the Kurpie people adapted the dance to suit their character and invention. There exist several ways of dancing it, depending on the locality and/or age group. The tune is composed of 16 meas but the pattern of the dance takes only 8 meas. Olender is played here by an old, well-known musician, Józef Mróz, who uses a very unusual instrument popular in Kurpie, a pedal accordion (harmonia pedałowa) [hahr-MOH-nyah peh-dah-WOH-vah], into which the player, who sits on a chair, pumps air through a pipe by means of 2 pedals. Mr. Mróz is accompanied by Józef Sobiech, who plays a fiddle, and Jan Kamiński, who plays a special Kurpie tambourine, called "bębenek" [behm-BEH-nehk] (a small drum).

Formation: Cpls around the circle in open social dance pos, M's back to ctr. Beg each Fig M with L ft, W with R ft. (See reverse page for Children's version.)

## PATTERN

### Measures

#### INTRODUCTION

1-2 No action.

#### I. IN PLACE

1 Raising outside (M-L, W-R) arm diag over head, elbow slightly rounded, wrist loose, do a weighted stamp (ct 1); hold and slightly bend elbow of the raised arm (ct 2).

2 Repeat action of meas 1 with opp ftwk but same arm movement.

#### Variation to Fig I

Meas 1: In closed social dance pos, with 3 small accented steps, done on springy knees (cts 1,&,2), dance a 1/8 turn twd ptr (M-CW, W-CCW).

Meas 2: Repeat action of meas 1 (Var) with opp ftwk and dir.

Note: This variation may be done without the 1/8 turn.

#### II. TURN WITH PARTNER

3-4 Assume closed social dance pos and with 4 steps do one or two full CW cpl turns, moving in LOD.

#### III. IN PLACE

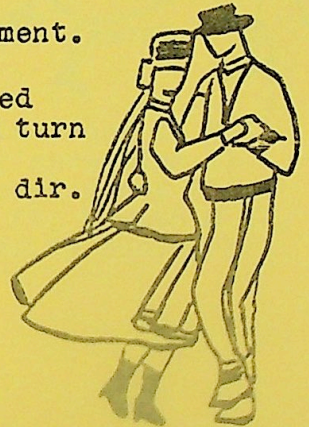
5-6 Repeat action of meas 1-2 (Fig I).

#### IV. WOMAN MOVES FORWARD

7-8 Resume hold of outside hands, M: lead ptr to turn and to move in LOD, W: with 4 steps dance one full CW turn under the joined hands and move in LOD to the M in front of you. New ptrs assume open social dance pos.

9-16 Repeat action of meas 1-8 (Figs I-IV).

Repeat the pattern of the dance six more times (8 times in all). Note: Instead of Fig IV, Fig II may be repeated and the dance ceases to be a mixer.



Dance introduced in June 1977, at the Folk Arts Center of New England 2nd Annual Pinewoods Folk Dance Weekend, by Ada and Jaś Dziewanowski, who learned it in Poland from the local people in Myszyniec and Kadzidło. Do not reproduce these directions without the Dziewanowskis' permission.

CHILDREN'S VERSION

Formation: Partners around the circle facing each other, Boy's back to center, inside (Boy's R, Girl's L) hands joined. Begin each figure Boy with L ft, Girl with R ft.

Measures

PATTERN

INTRODUCTION

1-2 No action.

I. IN PLACE

1-2 Repeat action of Fig I of the Adult Version.

II. TURN WITH PARTNER

3-4 Join outside hand with ptr and with 4 steps make one CW turn.

III. IN PLACE

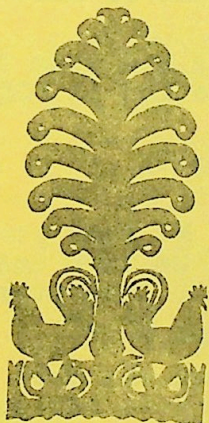
5-6 Repeat action of meas 1-2 (Fig I).

IV. GIRL MOVES FORWARD

7-8 Girl: with 4 steps move in LOD to the Boy in front of you. Boy: lead your ptr to move fwd and reach your inside hand to meet the new Girl. New ptrs join inside hands.

9-16 Repeat action of meas 1-8 (Figs I-IV).

Repeat the pattern of the dance six more times (8 times in all).



# Fafur

Pronunciation: FAH-foor

Record: XM-46755 "Easy Dances from Poland," side B, band 4, available from Ada Dziewanowska.

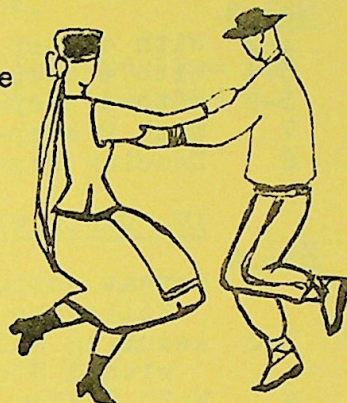
Fafur is a couple dance in 2/4 time from the village of Czarnia [CHAHR-nyah] in the region of Kurpie zielone [KOOR-pyeh zyeh-LOH-neh] in northeast Poland. It has been danced there since World War I. In Kurpie the word "fafur" means a ribbon tied in a small bow. "Fafur" ornaments the woman's cap used during the wedding ceremony, or holds together the collar of a Kurpie man's shirt instead of a button, a pin, or a tie. The dance was named Fafur as its main step is supposed to be light as a ribbon flying in the wind... With this step dancers move forward or backward, or turn CW or CCW. As a result there are many ways to dance Fafur which may be adapted to the ability of the participants. (For Children's Version see p. 2.)

## Steps and Styling

Step-Hop - 2 per meas - done lightly with weight on the ball of the foot, with free foot kicking up in the back, toes pointed.

Przytup [PSHIH-toop] - 3 stamps done on full feet, on cts 1, & 2 of the last meas of a phrase.

Fafur Arm Position: M: extend your arms forward, elbows slightly rounded, palms up, and support W's arms from underneath, holding them just above the elbows; W: place your extended arms, elbows slightly rounded, palms down, on M's arms, holding them just above the elbows.



## Formation:

Partners around a circle in single file, facing LOD, W in front of M. M places his hands in a fist on own hips, W holds her skirt, spreading it to sides. Note: Move always with 2 Step-Hops per meas, except dance the Przytup on each 8th meas. Begin each Mel A phrase M with L ft, W with R ft, ending the phrase with the Przytup (M-LRL, W-RLR). Use opposite footwork for each Mel B phrase.

## PATTERN

### Measures

#### INTRODUCTION

1-2 No action.

#### I. DANCE AROUND A CIRCLE

##### Mel A

1-7 Move in LOD with 14 Step-Hops.

8 Dance Przytup, turning CCW to face RLOD.

##### Mel B

1-7 Join hands in a circle, hands held at waist level, and with 14 Step-Hops move in RLOD.

8 Dance Przytup, M turning CW to face ptr, W in place.

(cont.)

II. DANCE WITH PARTNER

Mel A

- 1-4 Assume Fafur Arm Pos and move in LOD with 8 Step-Hops, M dancing fwd, W bkwd.
- 5-8 With 6 Step-Hops and a Przytup move in RLOD (M-bkwd, W-fwd). Note: Przytup is done in place.

Mel B

- 1-4 With 8 Step-Hops cpl turn CW in place, doing as many revolutions as you wish.
- 5-8 With 6 Step-Hops and a Przytup cpl turn CCW in place, returning to the pos as in the beg of Fig II.



REPEAT THE DANCE FROM THE BEGINNING OR USE THE FOLLOWING VARIATIONS:

III. DANCE AROUND A CIRCLE

Mel A

- 1-4 Join hands in a circle and with 8 Step-Hops move in LOD.
- 5-7 With 6 Step-Hops move bkwd in RLOD.
- 8 Dancing Przytup, face ctr.

Mel B

- 1-2 With 4 Step-Hops move into ctr.
- 3-4 With 4 Step-Hops move away from ctr.
- 5-6 With 4 Step-Hops move into ctr.
- 7 With 2 step-Hops move away from ctr.
- 8 Dancing Przytup, do a 1/4 turn (M-CW, W-CCW) to face ptr.

IV. DANCE WITH PARTNER

Mel A

- Repeat action of meas 1-8 (Fig II) or dance the following variation:
- 1-3 Assuming Fafur Arm Pos, move in LOD (M-fwd, W-bkwd) with 6 Step-Hops.
- 4 With 2 Step-Hops make a 1/2 CW cpl turn.
- 5-7 With 6 Step-Hops continue moving in LOD (M-bkwd, W-fwd).
- 8 With Przytup make a 1/2 CW cpl turn.

Mel B

- 1-8 Assume social dance pos and with 14 Step-Hops and a Przytup cpl move in LOD, doing one 1/2 CW turn with each Step-Hop.



CHILDREN'S VERSION

Formation: Ptrs (not necessarily of opp sex) join hands in a circle, hands held at waist level. Note: Begin each 8-meas phrase Boy-L ft, Girl-R ft. Move always with 2 Step-Hops per meas, and dance in place the Przytup on the 4th meas (Boy-LRL, Girl-RLR) and on the 8th meas (Boy-RLR, Girl-LRL).

PATTERN

Measures

INTRODUCTION

- 1-2 No action.

(cont.)



I. DANCE IN A CIRCLE

Mel A

- 1-4 With 6 Step-Hops and a Przytup move in LOD.  
5-7 With 6 Step-Hops continue moving in LOD.  
8 Dance Przytup, turning CCW to face RLOD.

Mel B

- 1-7 Repeat action of meas 1-7 (Mel A) moving in RLOD.  
8 Dance Przytup, Boy turning CW to face ptr, Girl in place.

II. DANCE WITH PARTNER

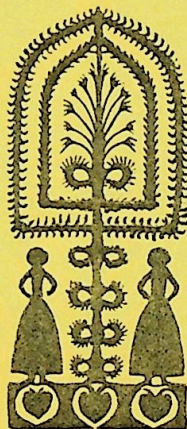
Mel A

- 1-4 Join hands (R-L) with ptr and with 6 Step-Hops and a Przytup move in LOD (Boy-fwd, Girl-bkwd).  
5-8 With 6 Step-Hops and a Przytup move in RLOD (Boy-bkwd, Girl-fwd).

Mel B

- 1-4 With 6 Step-Hops and a Przytup cpl turn CW in place.  
5-8 With 6 Step-Hops and a Przytup cpl turn CCW in place.

Repeat the dance from the beginning, or use any variations from the Adult Version, keeping, however, the pattern of 6 Step-Hops and a Przytup per 4 meas.



Dance introduced in August 1977 at the 27th Annual Northwest Folk Dance Festival in Enumclaw, Washington, by Ada and Jaś Dziewanowski, who learned it from the Regional Ensemble "Kurpie" in Ostrołęka and the local people in Myszyńiec. Do not reproduce these directions without the Dziewanowskis' permission.