

CHODZONY SLASKI

Wylchard
68

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SOURCE: A polish cpl dance, a folk polonez, from the Silesia Province. Polonez step used throughout.

MUSIC: Record: Kuiawiaki Alliance College; Side 2, band 5.

STEP: Polonez Step: One Polonez step required one meas of music (3 beats) & 3 changes of wt. Ct 1: the knee above the weighted foot is bent as the toe of the free foot is extended & reaches fwd, close to the floor. The fwd part of the ft touches the floor first, the heel is last. Ct 2: a normal walking step except that again, the fwd part of the foot touches the floor first, & then the full ft. Ct 3: Another walking step as described for ct 2. The step is very smooth & the torso remains erect & elegant throughout, unless otherwise described.

STARTING POSITION: Double circle of cpls facing LOD with inside hands joined, free hands on hips, fingers fwd. Outside feet are free to begin.

MUSIC: 3/4

PATTERN

Meas

PART A:

1 - 8 8 Polonez steps in LOD

PART B:

9 - 12 Each cpl circles R, two times around, hands joined & arms rounded. 4 Polonez steps.

13 - 16 R elbow hook, turning twice around. L arms & fingers are extended in an oblique straight line, upwd & sdwd. 4 Polonez steps, ending with W facing RLOD (CW) on the outside of the circle, & M facing LOD on the inside.

PART C:

Blessing the Girl on the M's R, cpl faces LOD. With L hand on hip, M extends his R arm, palm down, obliquely over W's head. W's hands on hips.

25 Both dance fwd, one step.

26 One Polonez step in place, M's hand remains extended over W's head, while she turns L, one time around.

27 - 32 Repeat Meas 25-26 three times, but on ct 1 of Meas 32, M claps hands & turns 1/4 R. All M make a circle of arches, arms extended obliquely, finger tips touching. M's back to ctr of circle.

PART E:

- M stand still & "look the W over".
- 33 Each W takes one Polonez step to the L side of her own ptr & remains under the arch while....
- 34 she turns L with the next Polonez step ending still under the arch & facing ctr of the circle.
- 35 Progressing LOD she passes behind the M, who is to the L of her orig ptr, & remains under the arch to this M's L.
- 36 She turns L, once around, ending with her back to the ctr of the circle.
- 37 - 38 As in Meas 33-34, but passing in front of next M as she progresses LOD.
- 39 - 40 As in 35-36, but passing behind next M, progressing LOD, & finishing her L turn, with back to ctr of the circle. The circle of arches is broken as each M joins nearer hands with the new ptr now on his R.

PART F:

- 41 - 44 With M's R & W's L hands joined, new ptrs turn one time around (M turning in place). (CCW turn).
- 45 - 48 As in PART A, Meas 1-4, but completing Meas 48 by ending with ptr's L sides adjacent as follows: keeping inside hands joined, M turns 1/2 R as he places his L hand behind the W's back & takes her R hand in his.

PART G:

- 49 - 54 Cpl turns CCW, exactly 3 times around, 6 Polonez steps.
- 55 Each dancer turns alone to his own R, placing hands on hips & ending facing ptr, M's back to ctr, 1 Polonez step.
- 56 Both bow.

PART H:

- 57 - 60 M, hands on hips, dance 4 Polonez steps LOD, returning to original ptrs, while W look for them as they dance 4 Polonez steps as follows: beginning by facing ctr of circle, W does 1 Polonez step to her R (twd LOD), then 1 to her L twd RLOD. She repeats both steps, hands on hips.
- 61 Upon meeting, orig ptrs turn individually; the M L, W R, 1 Polonez step.
- 62 Ptrs face, M's back to ctr, both bow.
- 63 M kneels on R knee, extends R hand. W with a charming gesture places both her hands in his.
- 64 M kisses ptr's hand, & W bows.

DANCE IS DONE ONLY ONCE THROUGH.